WAVES MUSIC THERAPY

England & Wales · Charity number 1194782

Details

Other names	WAVES MUSIC THERAPY CIC
Status	Registered
Legal form	CIO
Registered	2021-06-14
Register	View on the Charity Commission register

Contact

Address	22 The Drive East Preston Littlehampton BN16 1QL
Phone	07462294587
Email	victoria@wavesmusictherapy.com
Website	www.wavesmusictherapy.com

Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF PHYSICAL AND MENTAL HEALTH, ILLHEALTH, DISABILITY OR SOCIAL DISADVANTAGE THROUGH PROVIDING CLINICAL MUSIC THERAPY BY HCPCREGISTERED THERAPISTS WITH THE OVERALL OBJECTIVE OF IMPROVING QUALITY OF LIFE.

Activities: Waves Music Therapy provide individual and group clinical music therapy sessions for any person with any additional need who will benefit from a safe, accessible therapeutic space. Music therapy aims to support the social, emotional, mental health, communication, learning and physical needs of all of our service users with the objective of enhancing quality of life.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Disability, Arts/culture/heritage/science, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

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Geography

- East Sussex
- Hampshire
- Kent
- Surrey
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£234,059	£211,150	-	-
2024-06-30	£207,670	£175,426	-	-
2023-06-30	£132,772	£117,730	-	-
2022-06-30	£93,742	£79,193	-	-

Trustees

Name	Role	Appointed
Jessica Searle	Chair	2023-10-01
Adil Siganporia		2024-10-01
Chimwemwe Catherine Ngoma		2024-10-01
Dr Julian O'Kelly		2024-10-01
Emma Alexandra		2025-03-19
Matthew Phillip Lonsdale		2024-10-01

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WAVES MUSIC THERAPY

England & Wales - Charity number 1194782

Accounts

WAVES MUSIC THERAPY

ANNUAL REPORT

JULY 2024-JUNE 2025

Waves Music Therapy

Charity number 1194782

TRUSTEES' ANNUAL REPORT AND

FINANCIAL STATEMENTS

YEAR ENDED 30 June 2025

Trustees:

Kanwaljit Sachdeva- resigned 30th September 2024

Paul Finnett- resigned 30th September 2024

Michelle Garner- resigned 30th September 2024

Jessica Searle- Chair

Julian O'Kelly- acting chair- 1st October 2024

Chimmy Ngoma- 1st October 2024

Matthew Lonsdale- 1st October 2024

Adil Siganporia- 1st October 2024

Emma Alexandra- March 19th 2025

Address:

Waves Music Therapy

22 The Drive

East Preston

Littlehampton

West Sussex

BN16 1QL

CEO:

Victoria Hartkemeyer

Financial Lead:

Ruth Spencer

Clinical Lead:

Hazel Child

Funding lead:

Anna Macken

Independent Examiner:

Philip Woodgate FCCA

Woodgate Accounting Services Ltd

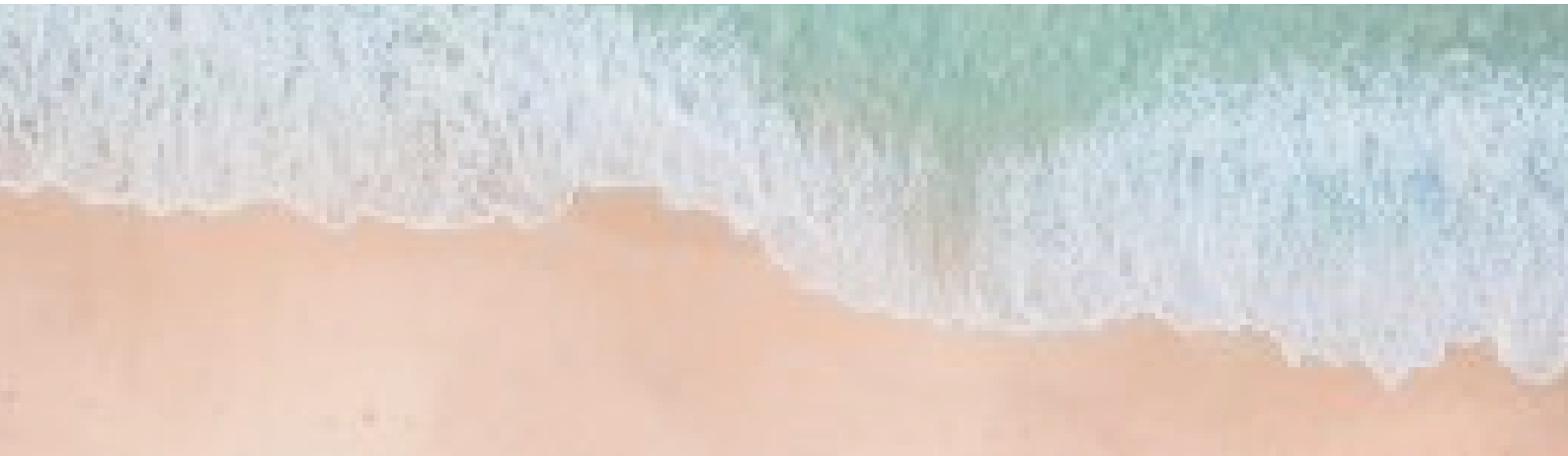
Unit

43, Newhaven Enterprise Centre,

Newhaven,

East Sussex

BN9 9BA



Chair of Trustees

Letter from the Chair of Trustees:

It has been a privilege to serve as Interim Chair of Trustees during my first year with Waves Music Therapy. I have been continually inspired by the dedication, creativity, and compassion of our music therapists, leadership team, volunteers, and fellow trustees. Together, we are truly Making Waves; transforming lives through the power of music.

As children's mental health becomes a national priority and the NHS shifts toward integrated neighbourhood health models, Waves is perfectly positioned to contribute meaningfully. Our mission is to provide music therapy where and when it's needed most. This resonates strongly with current efforts to reduce health and educational inequalities.

And finally a massive thanks to every member of the Waves community; our staff, volunteers, partners, and supporters. Your passion and commitment are the heartbeat of this charity.

Julian O'Kelly

ACTING CHAIR OF TRUSTEES

Our new board of Trustees

After three years as Trustees of Waves Music Therapy, Kanwaljit Sachdeva (chair), Michelle Garner and Paul Finnett stepped down from their roles with Waves in 2024. Having been with the charity since its move from CIC to full charity status in 2021, Kanwaljit, Paul and Michelle oversaw a period of rapid growth, strengthened governance and significant organisational change. Jessica Searle, took on the role of Chair of trustees and Waves began the recruitment of a new Board.

It is a real credit to the work of the team since 2021 that Waves was able to attract and engage an exceptional Board of Trustees from 2024 onwards. We welcomed Dr. Julian O'Kelly, music therapist and senior NHS clinician; Chimmy Ngoma, corporate professional and mental health advocate; Adil Siganporia, forensic accountant; and Matthew Lonsdale, accomplished advertising executive. In Spring 2025, we welcomed Emma Alexandra, development lead at Teenage Cancer Trust, to the Board, following a longstanding relationship with Waves that made trusteeship a natural progression.

This ambitious, talented and experienced board are focused on developing the charity and ensure we continue to Make Waves.

Trustee Annual Report

WAVES MUSIC THERAPY TRUSTEE ANNUAL REPORT.

Year ended June 30th 2025

The Trustees present their report and financial statements for the year ended 30 June 2025.

WHO WE ARE

Waves Music Therapy is an ambitious, female led, fast growing charity working across the South-East. In 2024-2025 we had a team of 17 HCPC-registered, music therapists and music practitioners who endeavour to provide the highest standard of music therapy provision. We are musicians who use our therapeutic tool kit, clinically recognised psychological interventions and creativity to connect and communicate with our service users in the way that is appropriate for them and their needs.

Waves provides music therapy sessions to individuals with a range of complex additional needs including social, emotional, mental health, trauma, physical, communication and learning needs. Our work provides opportunity for meaningful relationship building, self-expression, creativity and communication, reduces stress and anxiety, all of which leads to improved confidence and self-esteem, emotional well-being and growth.

Our mission

OUR MISSION:

Our mission is to enable any person, with any additional need, who seeks to engage in clinical music therapy with our qualified, HCPC registered therapists, to be able to do so. The charity will work across the county of West Sussex to ensure that there are no barriers to accessing the service and will use our funds to support our clients to engage in music therapy.

Waves Music Therapy provides individual and group clinical music therapy sessions for any person with any additional need who will benefit from a safe, accessible therapeutic space. Music therapy supports the social, emotional, mental health, communication, learning and physical needs of our service users with the objective of improving well being and quality of life.

The Trustees are aware of Charity Commission guidance on public benefit reporting as set out in Section 17 of the Charities Act 2011. They believe Waves Music Therapy fulfils a fundamental public benefit by:

"For the public benefit, the relief of those in need by reason of physical and mental health, ill health, disability or social disadvantage through providing clinical music therapy by HCPC registered therapists with the overall objective of improving quality of life."

A look at 2024-25

- 10% increase in the number of different clients who accessed regular 1:1 music therapy sessions, music groups and rap workshops.
- 44% increase in hours of group work (rap, immersive, music therapy)
- 60% increase in delivery of one-off workshops - rap, music, song-writing,
- New trustees board welcomed in September 2024
- Our volunteer Sue Goacher joined the team in October 2024
- Charity of the year- Ham Manor Golf Club
- Welcome to patron Olly Hite and continued work wth Chesney Hawkes
- Community engagement including hosting VAAC networking day, SALT fundraiser, Ham Manor picnic, Chestnut Tree House memorial day
- Local support- Hargreaves, Leconsfield Singers at Arundel Cathedral
- Beneficiaries of the 1st Energy Market Dinner at Merchant Taylors', London
- 3rd annual Conference held on Sept 21st 2024
- Residencies at Beatz in the City and Victorious festivals
- Our CEO visited University Iowa Music Therapy department NICU units.
- New clinical music therapists- Orla Gardner and Sarah Price
- Blue Billboard created promotional digital content for Waves

Energy Market Dinner

Major Fundraising event for our legacy fund- The Toby Project

The inaugural Energy Market Dinner raising Funds for The Toby Project at Waves Music Therapy was held at Merchant Taylors' Hall in The City on July 2nd 2024. The JNRC (Joint Natural Resource Committee) chose to support our legacy fund, The Toby Project, founded in 2021 in memory of Toby Finnett who was tragically killed in a boating accident. The fund supports young people age 11-16 through music therapy and workshops.

The Toby Project honours Toby Finnett's legacy by fully funding music therapy and creative workshops for children and young people facing complex trauma and emotional challenges, offering expression, resilience and healing through music

The total raised at the charity dinner was an impressive £16,888 making the total raised with The Toby Project legacy fund in 2024-2025 **£30,155,** During this same period Toby's Fund funded over 650 hours of music therapy sessions and music groups. All in Toby's name.

Festivals 2024

Summer 2024 was a big celebration for Waves. Although the majority of clinical work pauses for the summer, we are still busy in our communities, running events and awareness raising

In August 2024 we were absolutely thrilled to be invited for a 3 day residency at Victorious Festival. As part of the curated spoken Arts Parlour, Waves delivered rap workshops with our practitioner Louie LeVack and live music sessions with practitioner Mike Fry. We had performers across all 3 days and importantly met many families who engaged with our work and learned how music therapy can support children, young people and vulnerable people in need.

Waves were also grateful to SALT beach cafe in East Preston for hosting a summer charity day with live DJs, raising awareness in our local community.

Events and partners

Our 3rd annual conference was hosted by our charity partner Ham Manor and we welcomed 26 music therapists for a day of learning, collaborating and connecting. Key note from Ben Knight , practical from Mike Fry, a presentation on the relevance of play in music therapy from therapist Lizzy Coulson and a workshop on supportive music and imagery from Helen Wallace-Bell made for a rich day of connection

Our tenure as Lady Captain's charity of the year at Ham Manor Golf Club came to an end in November 2024, raising over £3150 for The Toby Project at Waves.

A beautiful evening at the impressive Arundel Cathedral raised £950 for music therapy work. It was a real privilege to hear Handel's Messiah in such incredible surroundings.

The numbers

Increasing Our Reach

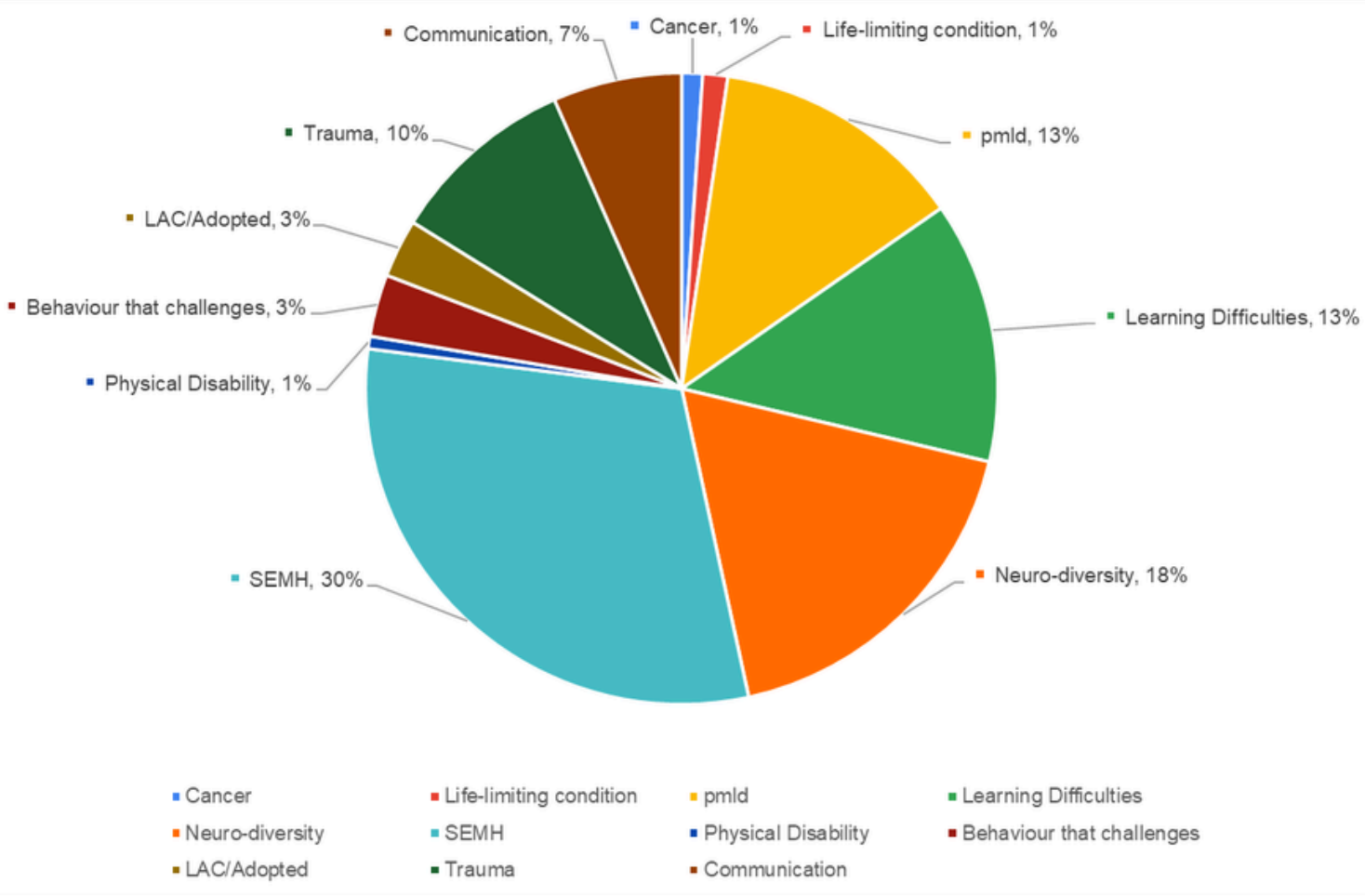
10% increase in the number of different clients who accessed regular 1:1 music therapy sessions, music groups and rap workshops, and in the no of hours of delivery

44% increase in hours of group work (rap, immersive, music therapy), which resulted in a lot more client/hours than the previous year

60% increase in delivery of one-off workshops - rap, music, song-writing, and more face to face contact with whole families at outreach events.

Primary Diagnosis/Reason for Referral

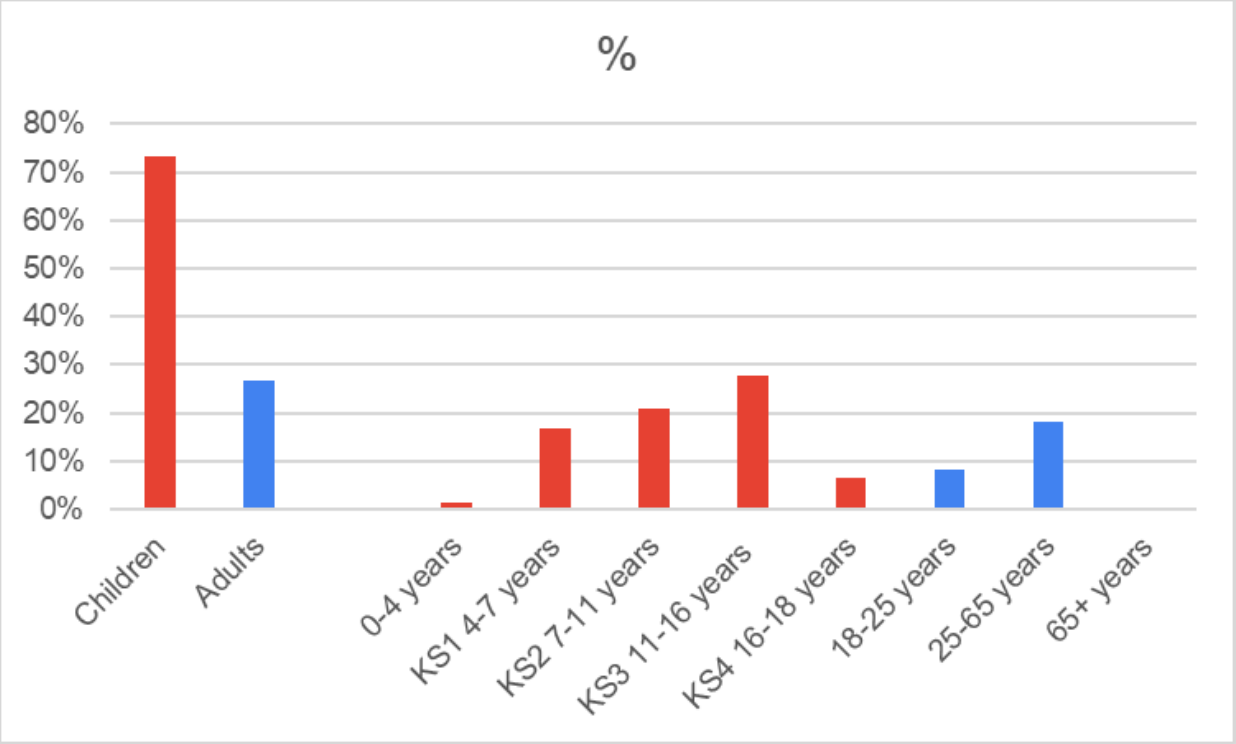
Many of our clients have multiple diagnoses. The chart below shows the primary reason referral to clinical music therapy, rap and immersive music sessions.



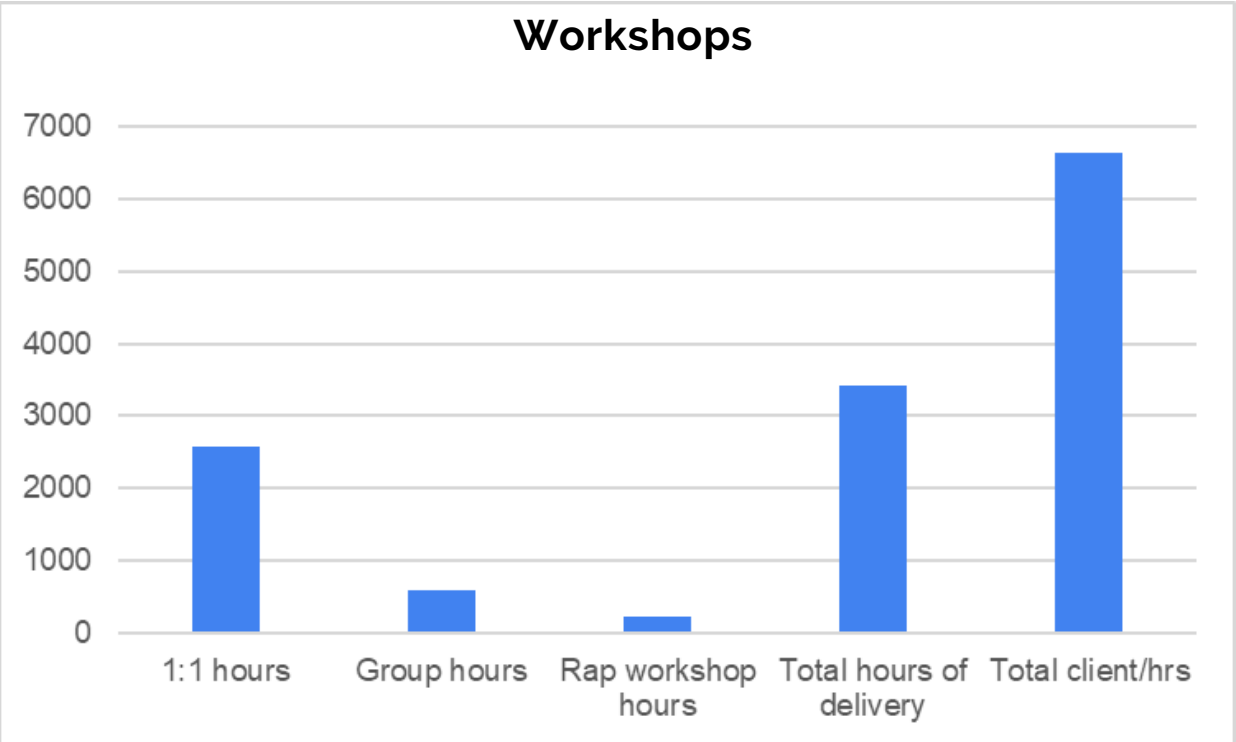
The numbers

WAVES MUSIC THERAPY

Breakdown of Ages of service users



Breakdown of hours of delivery:1:1s/ Groups / Rap Workshops



Note from the CEO

The 2024–2025 financial year was an incredibly exciting one for Waves. Welcoming an ambitious, experienced Board of Trustees has brought fresh thinking, strong governance and real momentum, helping to shape the next chapter of the charity.

We saw Waves' profile grow through key moments such as our inaugural Energy Market Dinner and a three-day residency at Victorious Festival, both reflecting the creativity and energy that sit at the heart of our work. Demand for our services continued to rise, and we were proud to expand our team with additional clinical music therapists and community music practitioners. This growth ensures we remain ambitious, forward-thinking and able to deliver high-quality, accessible music therapy where it is needed most.

Victoria Hartkemeyer

FOUNDER/CEO

Financial Review

Total income for the year ended 30 June 2025 was £234,059, comprising 56% therapy sales, 26% grants, and 18% donations. Less than 10% of therapy delivered was funded by private individuals and families; the majority was accessed through support we helped secure, including social services, pupil premium, charities, Virtual School, direct payments, grants, and Toby's Fund.

Total expenditure was £211,150, with at least 85% spent directly on music therapy and workshop delivery.

To support people at their point of need, including assisting with session costs, Waves seeks grant funding for both programme delivery and core operating costs, while working towards reserves covering 3–6 months of commitments.

Restricted income may only be used for purposes specified by funders. We also had designated funds, raised for specific projects.

At 30 June 2025, restricted funds totalled £11,420:

- National Lottery Community Fund: £8,473
- Chalk Trust: £1,680
- Souter Charitable Trust: £1,267

Designated funds totalled £34,271:

- Toby Finnett Project Fund: £21,264
- Red Balloon: £13,007

We also held deferred income of £22,148 from restricted grants:

- Sussex Police Commissioner: £4,800
- King Charles III Charitable Foundation: £2,500
- ASDA Foundation: £1,000
- St James Place – Solent Foundation: £1,000
- National Foundation for Youth Music – Trailblazer Fund: £12,848

Financial Review

FINANCIAL REVIEW

As part of the year end process the Trustees reviewed and updated the charity's Reserves Policy. It was agreed that the charity would maintain free reserves because: it has no endowment funding and is entirely dependent on income funding from year to year, which is inevitably subject to fluctuation, and it requires protection against, and the ability to continue operating despite catastrophic or lesser but damaging events.

To this end, Waves Music Therapy aims to accumulate reserves equal to 3 to 6 months' unrestricted expenditure. At the end of June 2025 our unrestricted general funds were £64,345, which represents just under 5 months of unrestricted expenditure.

Signed by

Julian O'Kelly

Julian O'Kelly, Acting Chair of Trustees

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

Waves Music Therapy registered as a Charitable Incorporated Organisation on 14 June 2021. The charity is governed under its Constitution. The Trustees have a responsibility to ensure that all aspects of the charity's activities are properly conducted and carried out in full compliance with its Constitution. All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed by any Trustee during the year.

Board of Trustees

- Jessica Searle Chair of Trustees.
- Julian O'Kelly. interim chair (Maternity cover). Safeguarding and policies lead.
- Chimmy Ngoma
- Matthew Lonsdale
- Emma Alexandra
- Adil Siganporia- Finance

CEO

- Victoria Hartkemeyer. As a music therapist and founder of the charity, she is best placed to continue to drive the charity forward. She reports to the board of Trustees.

CORE TEAM

- Hazel Child takes clinical leadership responsibility, working closely with therapists. Hazel and the core team report to Victoria and the board.
- Ruth Spencer has the role of Finance lead, focusing on the delivery of projects supported by grants and overseeing the spending of each.
- Anna Macken leads on fundraising.

The Trustees undertook training in trusteeship roles and governance and NSPCC safeguarding for trustees.

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

The Trustees are appointed under the terms of the Constitution. Each new Trustee is given a copy of the Constitution, details of their responsibilities as a charity trustee, contact details of fellow Trustees and core team, background on the charity's strategy and current projects and other information useful in pursuing their role. New Trustees are recruited in consultation with the CEO to ensure that the requisite skills are available to support the charity's activities.

The Trustees provide governance and develop policy for the charity and accept ultimate legal authority for it. The Trustees formulate and regularly review the long- and short-term strategic aims of the charity as well as setting specific goals and priorities. The Trustees approve budgets and are responsible for the good stewardship of the charity's resources.

They work in partnership with the CEO with a view to furthering the charity's objectives. The Trustees are responsible for preparing the Report of the Trustees (Annual Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report was approved by the Board of Trustees on January 15th 2026 and signed on its behalf, by: Julian O'Kelly,

Signed by

Julian O'Kelly

Julian O'Kelly. Acting Chair of Trustees

Charity Registration No. 1194782

WAVES MUSIC THERAPY CIO

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

WAVES MUSIC THERAPY CIO

CONTENTS

	Page
Independent examiner's report	1 - 2
Statement of financial activities	3
Balance sheet	4
Notes to the financial statements	5 - 16

WAVES MUSIC THERAPY CIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF WAVES MUSIC THERAPY

I report to the trustees on my examination of the financial statements of Waves Music Therapy (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102). I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 2011 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

WAVES MUSIC THERAPY CIO

INDEPENDENT EXAMINER'S REPORT (continued)

TO THE TRUSTEES OF WAVES MUSIC THERAPY

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 financial statements to be reached.

Philip Woodgate, FCCA
Woodgate Accounting Services Limited
Unit 43
Newhaven Enterprise Centre
Newhaven
East Sussex
BN9 9BA

Dated: 15 January 2026

WAVES MUSIC THERAPY CIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 June 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	**3**	64,776	37,072	101,848	28,040	78,983	107,023
Charitable activities	**4**	130,768	-	130,768	104,689	-	104,689
Investments	**5**	1,443	-	1,443	487	-	487
Total income		196,987	37,072	234,059	133,216	78,983	212,199
Expenditure on:							
Charitable activities	**6**	157,509	53,641	211,150	113,028	67,964	180,992
Total expenditure		157,509	53,641	211,150	113,028	67,964	180,992
Net income/(expenditure)		39,478	- 16,569	22,909	20,188	11,019	31,207
Transfers between funds		-	-	-	-	-	-
Net movement in funds	**8**	39,478	- 16,569	22,909	20,188	11,019	31,207
Reconciliation of funds:							
Fund balances at 1 July 2024		59,138	27,989	87,127	38,950	16,970	55,920
Fund balances at 30 June 2025		98,616	11,420	110,036	59,138	27,989	87,127

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 5 to 16 form part of these financial statements.

WAVES MUSIC THERAPY CIO

BALANCE SHEET

AS AT 30 JUNE 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	**11**	16,151		13,943	
Cash at bank and in hand		140,152		93,158	
		156,303		107,101	
Creditors: amounts falling due within one year	**12**	- 46,267		- 19,974	
Net current assets			110,036		87,127
Total assets less current liabilities			110,036		87,127
Net assets			110,036		87,127
The funds of the charity					
Unrestricted funds - General			64,345		36,920
Unrestricted funds - Designated			34,271		22,218
Unresticted funds - Total	**15**		98,616		59,138
Restricted funds	**14**		11,420		27,989
Total funds			110,036		87,127

The notes on pages 5 to 16 form part of these financial statements.

The financial statements were approved by the tustees on 15 January 2026.

Julian O'Kelly

Dr Julian O'Kelly
Acting Chair of Trustees

WAVES MUSIC THERAPY CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

Waves Music Therapy is a charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The proncipal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future Thus the tustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1 Accounting policies - continued

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are accounted for as they are received by the charity. Donations received in the year that relate to specific purposes have been included in restricted funds.

Grants are recognised on an accrual's basis, accounted for in relation to the period to which they relate. Where grants are received during the year under review but relate to a later period, the amount is deferred.

Income from contracts is recognised on an earned basis in the year in which the conditions for receipt are met.

Investment income is accounted for on a receivable basis.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. Expenditure is classified by activity and is allocated to the particular activity where the cost relates directly to that activity.

Charitable expenditure comprises those costs incurred by the charity in delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs included as part of the charitable expenditure includes costs of the preparation and examination of the statutory accounts, the costs of trustee's meetings and the cost of any legal advice to trustees on governance or constitutional matters.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025	Restricted funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£	£	£	£
Donations and legacies	40,776	-	40,776	22,540	-	22,540
Grants receivable	24,000	37,072	61,072	5,500	78,983	84,483
	64,776	37,072	101,848	28,040	78,983	107,023

Grants receivable, included in the above are as follows:

	2025	2024
	£	£
Chichester District Council	-	3,400
Comic Relief -Groundwork UK	998	9,892
Ernest Kleinwort Charitable Trust	-	5,000
Garfield Weston	20,000	-
Haywards Heath Town Council	1,000	-
King Baudouin Foundation - UCB Community Health Fund	-	16,022
National Foundation of Youth Music - Trailblazer Fund	552	10,486
National Lottery Community Fund	19,875	-
National Lottery Million Hours Fund	-	9,000
Sussex Community Foundation	-	8,926
Sussex Partnership NHS Trust	1,537	3,067
Tesco Foundation	-	500
The Albert Hunt Trust	4,000	-
The Baily Thomas Charitable Fund	-	5,000
The Chalk Trust	4,800	-
The D'Oyly Carte Charitable Trust	-	4,000
The Souter Charitable Trust	2,800	-
Worthing Borough Council - CIL Project	5,510	9,190
	61,072	84,483

4 Income from charitable activities

	Unrestricted funds 2025	Restricted funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£	£	£	£
Service delivery	130,768	-	130,768	104,689	-	104,689

5 Income from investments

	Unrestricted funds 2025	Unrestricted funds 2024
	£	£
Interest receivable	1,443	487

6 Expenditure on charitable activities

	Charitable activities 2025	Charitable activities 2024
	£	£
Direct costs		
Therapists	155,790	130,125
Equipment	140	2,586
Fundraising	1,671	-
Room hire	1,971	1,602
Training	2,264	2,346
Travel and subsistence	620	1,226
Sundry expenses	270	1,344
Building costs	-	4,067
Volunteer expenses	71	-
	162,797	143,296
Share of support and governance costs (see note 7)		
Support	47,054	37,144
Governance	1,299	552
	211,150	180,992

6 Expenditure on charitable activities (continued)

	Charitable activities 2025 £	Charitable activities 2024 £
Analysis by fund		
Unrestricted funds	157,509	113,028
Resticted funds	53,641	67,964
	211,150	180,992

7 Support costs allocated to activities

	2025 £	2024 £
Administration	42,816	35,527
Marketing	2,647	569
Postage and stationery	58	45
Insurance	331	375
IT costs	1,202	583
Bank charges	-	45
Governance costs	1,299	552
	48,353	37,696
Analysed between:		
Charitable activities	48,353	37,696

Governance costs includes £1,140 (2024: £552) for accountancy and independent examination fees.

8 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging:		
Fees payable for the independent examination of the charity's financial statements	1,140	552

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	16,151	13,849
Other debtors	-	94
Prepayments and accrued income	-	-
	16,151	13,943

12 Creditors: amounts falling due within one year

	Notes	2025	2024
		£	£
Deferred income	13	22,148	-
Trade creditors		22,979	19,422
Other creditors		-	-
Accruals		1,140	552
		46,267	19,974

13 Deferred Income

	2025	2024
	£	£
Arising from Deferred income	22,148	-

	2025	2024
	£	£
Deferred income is included within:		
Current liabilities	22,148	-
Movements in the year:		
Deferred income at 1 July 2024	-	-
Released from previous periods	-	-
Resources deferred in the year	22,148	-
Deferred income at 30 June 2025	22,148	-

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024	Incoming Resources		Resources Expended	Transfers	At 30 June 2025
	£	£		£	£	£
Adur District Council	3,591	-	-	3,591	-	-
Worthing Borough Council	3,592	-	-	3,592	-	-
Comic Relief - Groundwork UK	3,954	998	-	4,952	-	-
Sussex Community Foundation	740	-	-	740	-	-
National Lottery Million Hours Fund	2,203	-	-	2,203	-	-
National Lottery Community Fund		19,875	-	11,402	-	8,473
National Foundation of Youth Music	2,062	552	-	2,614	-	-
Worthing Borough Council - CIL	2,120	5,510	-	7,630	-	-
The D'Oly Carte Charity	1,980	-	-	1,980	-	-
Sussex Partnership NHS Trust	1,412	1,537	-	2,949	-	-
King Baudouin Foundation - UCB	2,815	-	-	2,815	-	-
The Baily Thomas Charitable Trust	3,520	-	-	3,520	-	-
The Chalk Trust	-	4,800	-	3,120	-	1,680
The Souter Charitable Trust	-	2,800	-	1,533	-	1,267
Haywards Heath Town Council	-	1,000	-	1,000	-	-
	27,989	37,072	-	53,641	-	11,420

14 Restricted funds (continued)

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

Previous year:	At 1 July 2023	Incoming Resources	Resources Expended	Transfers	At 30 June 2024
	£	£	£	£	£
Adur District Council	4,990	-	1,399	-	3,591
Worthing Borough Council	4,990	-	1,398	-	3,592
Comic Relief - Groundwork UK	4,990	9,892	10,928	-	3,954
Skipton Building Society	2,000	-	2,000	-	-
Sussex Community Foundation	-	8,926	8,186	-	740
National Lottery Million Hours Fund	-	9,000	6,797	-	2,203
National Foundation of Youth Music	-	10,486	8,424	-	2,062
Chichester District Council	-	3,400	3,400	-	-
Worthing Borough Council - CIL	-	9,190	7,070	-	2,120
The D'Oly Carte Charity	-	4,000	2,020	-	1,980
Sussex Partnership NHS Trust	-	3,067	1,655	-	1,412
King Baudouin Foundation - UCB	-	16,022	13,207	-	2,815
The Baily Thomas Charitable Trust	-	5,000	1,480	-	3,520
	16,970	78,983	67,964	-	27,989

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditionsby donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024	Incoming Resources	Resources Expended	Transfers	At 30 June 2025
	£	£	£	£	£
Toby's fund	22,218	30,155	- 31,109	-	21,264
Red Balloon	-	17,100	- 4,093	-	13,007
General funds	36,920	149,732	- 122,307	-	64,345
	59,138	196,987	- 157,509	-	98,616

Previous year:	At 1 July 2023	Incoming Resources	Resources Expended	Transfers	At 30 June 2024
	£	£	£	£	£
Toby's fund	21,527	12,069	- 11,378	-	22,218
Red Balloon	-	-	-	-	-
General funds	17,423	121,147	- 101,650	-	36,920
	38,950	133,216	- 113,028	-	59,138

16 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total
	£	£	£
At 30 June 2025:			
Tangible assets	-	-	-
Current assets/(liabilities)	98,616	11,420	110,036
	98,616	11,420	110,036

Per balance sheet
Balance to allocate

	Unrestricted funds 2024	Restricted funds 2024	Total
	£	£	£
At 30 June 2024:			
Tangible assets	-	-	-
Current assets/(liabilities)	59,138	27,989	87,127
	59,138	27,989	87,127

17 Related party transactions

There were no disclosable related party transactions during the year (2024: none).

WAVES MUSIC THERAPY

England & Wales - Charity number 1194782

Accounts

WAVES MUSIC THERAPY

ANNUAL REPORT

JULY 2023-JUNE 2024

WAVES
MUSIC THERAPY

Waves Music Therapy
Charity number 1194782

TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS
YEAR ENDED 30 June 2024

Trustees:
Kanwaljit Sachdeva- Chair
Paul Finnett
Michelle Garner

CEO:
Victoria Hartkemeyer

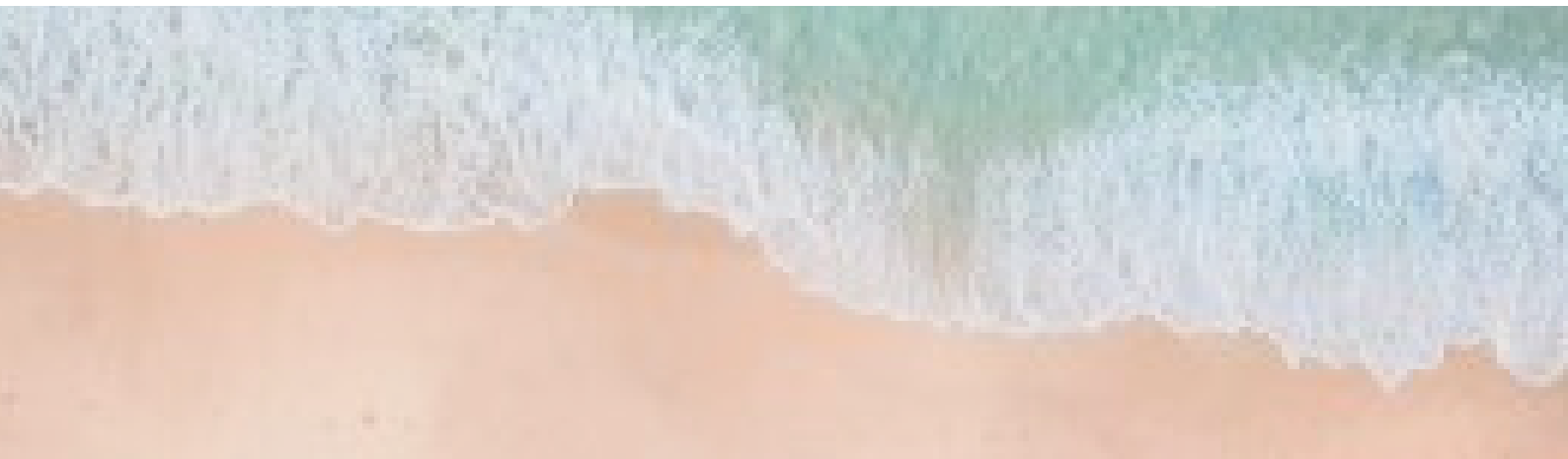
Financial Lead:
Ruth Spencer

Clinical Lead:
Hazel Child

Funding lead:
Anna Macken

Address:
Waves Music Therapy
22 The Drive
East Preston
Littlehampton
West Sussex
BN16 1QL

Independent Examiner:
Philip Woodgate FCCA
Woodgate Accounting Services Ltd
Unit 43, Newhaven Enterprise Centre,
Newhaven, BN9 9BA



Chair of Trustees

Letter from the Chair of Trustees:

As Chair, I am pleased to report another year of progress for our charity.

This year, we developed targeted training programs for trustees, enhancing our governance skills and strategic insight. The trustee board are proud of the impactful music therapy projects that have been delivered, transforming lives and broadening access for people of all ages. A particular highlight was the national exposure we received through Comic Relief, which helped bring our mission to a wider audience, raising awareness and support for the life-changing power of music therapy.

The charity continues to go from strength to strength.

Kanwaljit Sachdeva

CHAIR OF TRUSTEES

Trustee Annual Report

WAVES MUSIC THERAPY TRUSTEE ANNUAL REPORT.

Year ended June 30th 2024

The Trustees present their report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and comply with the charity's governing document, and the Charities Act 2011.

WHO WE ARE

Waves Music Therapy is a West Sussex based team of HCPC-registered, experienced, and friendly therapists and music practitioners who endeavour to provide the highest standard of music therapy provision. We are musicians who use our therapeutic tool kit, clinically recognised psychological interventions and creativity to connect and communicate with our service users in the way that is appropriate for them and their needs.

Waves provides music therapy sessions to individuals with a range of complex additional needs including social, emotional, mental health, trauma, physical, communication and learning needs. Our work provides opportunity for meaningful relationship building, self-expression, creativity and communication, reduces stress and anxiety, all of which leads to improved confidence and self-esteem, emotional well-being and growth.

Our mission

OUR MISSION:

Our mission is to enable any person, with any additional need, who seeks to engage in clinical music therapy with our qualified, HCPC registered therapists, to be able to do so. The charity will work across the county of West Sussex to ensure that there are no barriers to accessing the service and will use our funds to support our clients to engage in music therapy.

Waves Music Therapy provides individual and group clinical music therapy sessions for any person with any additional need who will benefit from a safe, accessible therapeutic space. Music therapy supports the social, emotional, mental health, communication, learning and physical needs of our service users with the objective of improving well being and quality of life.

The Trustees are aware of Charity Commission guidance on public benefit reporting as set out in Section 17 of the Charities Act 2011. They believe Waves Music Therapy fulfils a fundamental public benefit by:

"For the public benefit, the relief of those in need by reason of physical and mental health, ill health, disability or social disadvantage through providing clinical music therapy by HCPC registered therapists with the overall objective of improving quality of life."

A look at 23-24

- An **increase of 75%** in number of music therapy 1:1s, groups, immersive music and rap workshops delivered.
- Our income saw a significant increase this year, rising from £132,000 in 2023 to over £200,000 this financial year.
- We secured over **£84,000 in grants** to support our work.
- Over **90% of our services were delivered free at the point of contact**.
- **The Toby Project** raised over £12,000 in support of our mission.
- Our team welcomed new practitioners: Music Therapists Lori Standen, Kitty Cooper, and Lizzy Coulson; Art Therapist Kerry Kinnell; Community Musician Mike Fry; and Rap Artist Ed Hallwood.
- We proudly hosted our second annual conference in October 2023
- We celebrated the official opening of our music therapy studio.
- We were honoured to be chosen as the **Lady Captain's Charity of the Year** at Ham Manor Golf Club.
- Our work was featured in a **BBC film**, with the **BBC Education** team creating lesson plans for primary schools nationwide through rap workshops, and online our **wider reach is over 24,000**
- Waves Music Therapy also had the privilege of running a workshop at **10 Downing Street.**

BBC Comic Relief

In 2023, Waves Music Therapy made significant strides in expanding our rap and spoken word workshops, thanks to funding from **Youth Music** and **BBC Comic Relief**. With this support, we launched the innovative "Rapper in Residence" program at several local specialist schools. Designed to engage at-risk young people who are outside of mainstream education, the program uses music as a powerful tool to promote self-expression, foster positive peer relationships, enhance confidence, and ignite creativity.

In February 2023 The BBC contacted Waves wanting to make a **BBC feature film** of the work showcasing its impact. The film followed students Jacob and Riley, highlighting how their experience with music-making, guided by artist Louie, transformed their school life, friendships, and learning journey. The film is available for viewing on both our website and the Comic Relief website.

Following this, the **BBC Education** team further recognised the importance of our work by creating lesson plans based on the film, which were distributed to every primary school across the UK reaching over 2,400 schools. This initiative sparked nationwide conversations about the role of music therapy and the impactful work of Waves Music Therapy.

Funding News

GRANTS RECEIVED FINANCIAL YEAR JUNE 2023-2024

Restricted project grants:
Sussex Community Foundation: £8,926.09
The National Lottery Main Grants: £9,000
National Foundation of Youth Music: £10,486
BBC Comic Relief: £9,892
Worthing Borough Council CIL fund: £9,190
The D'Oyly Carte Charitable Trust: £4,000
NHS Heads On Grow Fund: £3,066.60
King Baudouin Foundation UCB Community Health Fund: £16,022.26
Chichester District Council: £3,400
Bailey Thomas Charitable Fund: £5000
Unrestricted grants:
TESCO (Grounndwork UK) £500
Ernest Kleinwort Charitable Trust £5,000
Total: 84,482.95

The Toby Finnett Project: £12,068
Funded over 500 hours music therapy and rap workshops

10 Downing Street

It was an incredible honour to be invited to **10 Downing Street** to lead a music workshop for 35 young people from across the UK as part of Mrs. **Akshata Murty's "Lessons at 10"** initiative. To be placed alongside esteemed contributors such as The Victoria and Albert Museum, Vogue Magazine and The Girls' Network speaks to the significance of Waves Music Therapy's work.

This remarkable opportunity not only allowed us to showcase the transformative power of music therapy on a national stage, but also provided a vital platform to **engage directly with key leaders on the pressing mental health crisis affecting young people**. The workshop exceeded all expectations, with Mrs. Murty praising our rap artist, Ed, as a "genius." The event culminated in an incredible spoken word performance by the children, delivered as they ascended the historic staircase of No.10, under the watchful gaze of Winston Churchill, Margaret Thatcher, and Prime Minister Rishi Sunak. This moment powerfully highlighted Waves' expanding influence and the significance of our work within such a prestigious setting.

New posts & partnerships

- We expanded services into new school settings: Palatine, Chesswood, Oak Grove College, Bohunt, Angmering High, and Three Bridges Primary School.
- Fully funded a Ukrainian choir, offering community and music making opportunities for Ukrainian guests.
- Launched the "Rapper in Residence" program at LittleGreen Academy and Cornfield School, empowering young people through music.
- Used Worthing CIL funding to bring together young people from Oak Grove and Durrington for collaborative music projects in spoken word.
- Delivered brand new, innovative immersive music experiences at Palatine and Oak Grove schools.
- Hosted rap workshops with new groups at Audio Active, Worthing Children's Homes, Chichester Boys Club, Maybridge, and Aspens.
- Delivered training in engaging young people with additional needs in music at the West Sussex Music annual conference.
- Continued delivering impactful music therapy sessions with Momentum Children's Cancer Charity in Sussex.
- -Partnered with VAAC for training, leading to new partnerships and volunteer introductions.

Waves Conference 2023

On October 7th, 2023, Waves Music Therapy proudly hosted its second annual conference at Creative Heart, Littlehampton, welcoming 27 Creative Arts Therapists and students. The event was designed to be inclusive, accessible, and affordable while maintaining the highest standards of experiential learning, professional development, and networking opportunities.

Attendees benefited from 6 hours of Continued Professional Development (CPD), featuring a diverse range of presentations:

- **Tina Warnock**: An Introduction to Vocal Psychotherapy
- **Louie LeVack & Ruth Spencer:** Loops for Songwriting
- Micro-vignettes from Waves therapists
- **Jeni Gill**: Experiential: 6-Part Storytelling

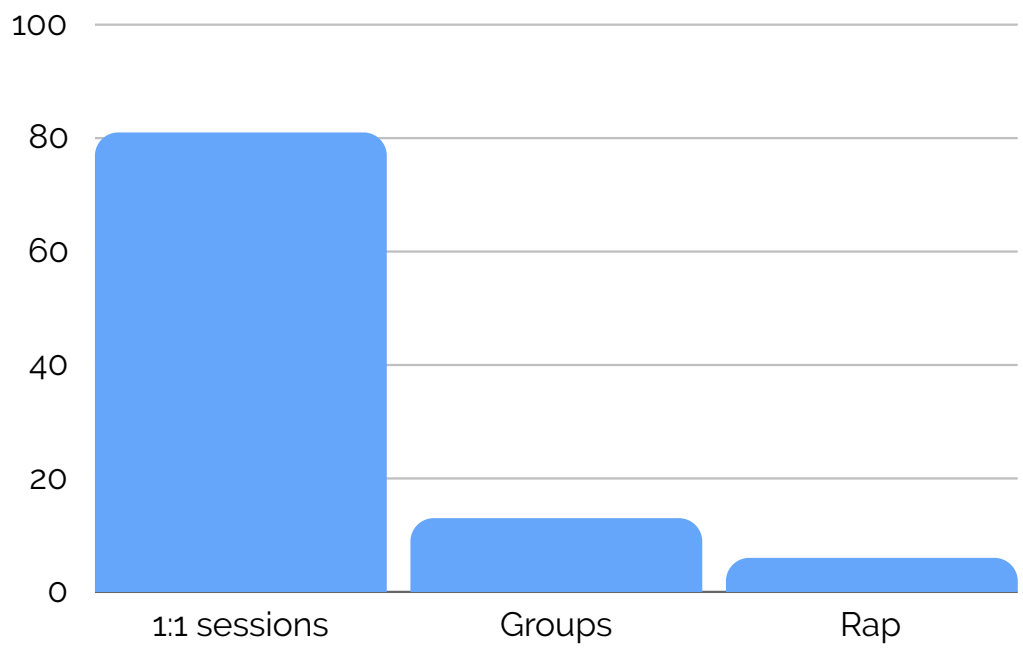
The feedback from participants was overwhelmingly positive, with many highlighting the quality of the presentations and the welcoming atmosphere. Attendees praised the experiential nature of the sessions, noting the practical insights they gained. Several therapists shared that the networking opportunities were invaluable, and they left the day feeling inspired and equipped with new techniques to integrate into their practice.

The numbers

Increasing Our Reach

In 2023-4 the total hours of delivery of sessions increased by 75%
Number of clients we reached face to face increased by 90%
We also reached at least 1000 classes of young people through our rap workshop lesson plans:
Our overall wider reach was over 24,000 people.

Breakdown of hours of delivery %

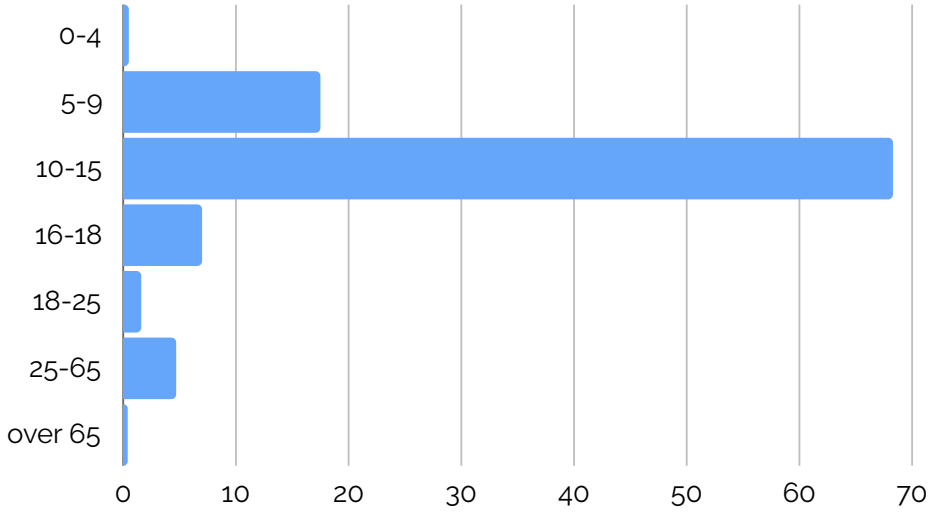


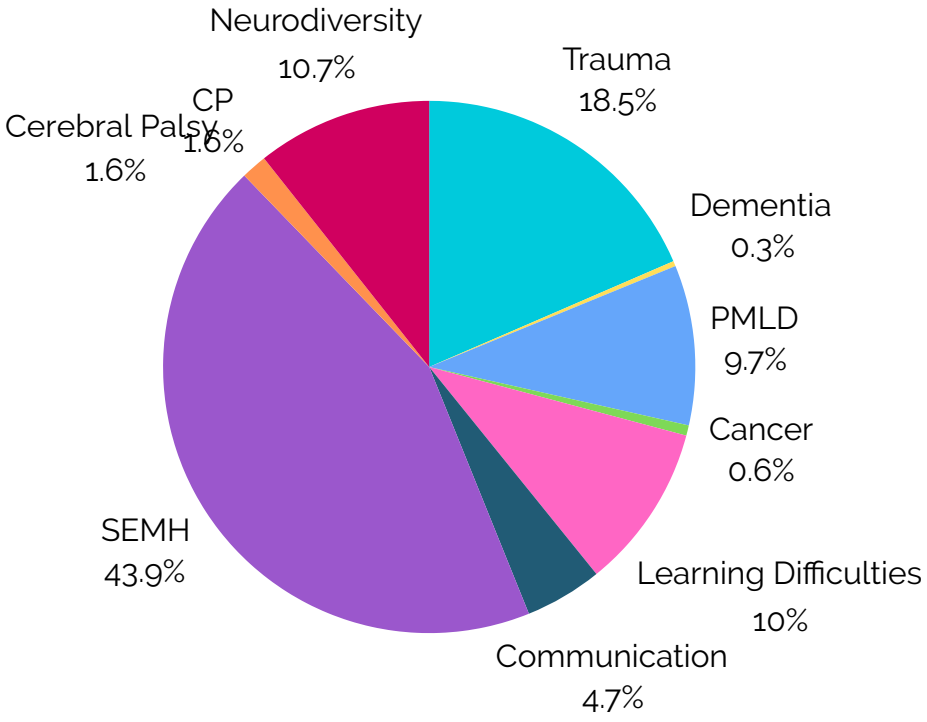
In addition, 240 young people attended one-off rap workshops. These were for ongoing mental health support, and for transition support from primary to secondary school.

The numbers

Primary diagnosis of referrals July 2023- June 2024

Breakdown of ages of service users %





Many of our clients have multiple diagnoses. The chart above shows the Primary reason for referral to clinical music therapy, rap and immersive music sessions.

Note from the CEO

2023-24 has been an extraordinary year of transformation and growth for Waves Music Therapy, and we are incredibly proud of all we've accomplished. We've expanded our team, welcoming new therapists and practitioners to ensure we continue delivering exceptional, high-quality music therapy and music workshops to children, young people, and adults with complex needs. Our focus remains steadfast on being accessible to all, breaking down barriers to reach those who need us most.

A standout moment was our invitation to Downing Street, where we proudly showcased the transformative power of music therapy and its incredible impact on a national stage. We are excited to build on this momentum in the year ahead!

Victoria Hartkemeyer

FOUNDER/CEO

Financial Review

Total income for the year ended 30 June 2024 was £207,670,
made up of 48% from therapy sales, 41% from grants and 11% from donations.
A breakdown of our therapy sales revealed that less than 8% was funded by private individuals and families. The rest we helped our service users to access funding – for example from social services, pupil premium, charities, virtual school, direct payments.

Total expenditure in the year was £175,426. Of this over 83% paid directly for delivery of music therapy/workshops.

As Waves seeks to support people at their point of need, including assisting with financing sessions, we are keen to secure grants for ongoing projects as well as secure grants to enable us to meet our operational costs. We will also endeavour to build up reserves to enable us to finance the charity's commitments for 3-6 months.

Any funds described as "restricted income" are available only for the specific projects or purposes determined by the funders. In addition, we hold "designated funds" which have been raised for a specific project or purpose.

At the end of June 2024, we carried forward the following restricted funds:
Groundwork UK (Comic Relief) £3954
National Foundation of Youth Music £2062
The National Lottery Main Grants £2203
Worthing Borough Council (CIL fund) £2120
Adur District Council (Ukrainian Refugee fund) £3592
Worthing Borough Council (Ukrainian Refugee fund) £3591
The D'Oyly Carte Charitable Trust £1980
King Baudouin Foundation (UCB Community Health Fund) £2816
Bailey Thomas Charitable Fund £3520
NHS Heads On Grow Fund £1411
Sussex Community Foundation £740

and the following designated fund:
The Toby Finnett Project Fund £15,668

Financial Review

FINANCIAL REVIEW

As part of the year end process the Trustees reviewed the charity's Reserves Policy. It was confirmed that the policy was still valid, and that the charity would maintain free reserves because: it has no endowment funding and is entirely dependent on income funding from year to year, which is inevitably subject to fluctuation, and it requires protection against, and the ability to continue operating despite catastrophic or lesser but damaging events.

To this end, Waves Music Therapy aims to accumulate reserves equal to 3 to 6 months unrestricted expenditure. At the end of June 2024 our unrestricted reserves (excluding designated reserves) stood at £49,501; this represents just over 5 months of unrestricted expenditure.

Signed by

Kanwaljit Sachdeva

Kanwaljit Sachdeva. Chair of Trustees

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

Waves Music Therapy registered as a Charitable Incorporated Organisation on 14 June 2021. The charity is governed under its Constitution. The Trustees have a responsibility to ensure that all aspects of the charity's activities are properly conducted and carried out in full compliance with its Constitution. All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed by any Trustee during the year.

Board of Trustees

- Kanwaljit Sachdeva Chair of Trustees.
- Michelle Garner. Safeguarding and policies lead.
- Paul Finnett. Financial lead.

CEO

- Victoria Hartkemeyer. As a music therapist and founder of the charity, she is best placed to continue to drive the charity forward. She reports to the board of Trustees.

CORE TEAM

- Hazel Child takes clinical leadership responsibility, working closely with therapists. Hazel and the core team report to Victoria and the board.
- Ruth Spencer has the role of Finance lead, focusing on the delivery of projects supported by grants and overseeing the spending of each.
- Anna Macken leads on fundraising.

The Trustees undertook training in trusteeship roles and governance; and the Trustees and Core team undertook training in safeguarding; strategic planning and funding strategy development in this year.

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

The Trustees are appointed under the terms of the Constitution. Each new Trustee is given a copy of the Constitution, details of their responsibilities as a charity trustee, contact details of fellow Trustees and core team, background on the charity's strategy and current projects and other information useful in pursuing their role. New Trustees are recruited in consultation with the CEO to ensure that the requisite skills are available to support the charity's activities.

The Trustees provide governance and develop policy for the charity and accept ultimate legal authority for it. The Trustees formulate and regularly review the long- and short-term strategic aims of the charity as well as setting specific goals and priorities. The Trustees approve budgets and are responsible for the good stewardship of the charity's resources.

They work in partnership with the CEO with a view to furthering the charity's objectives. The Trustees are responsible for preparing the Report of the Trustees (Annual Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report was approved by the Board of Trustees on October 23rd 2024 and signed on its behalf, by: Kanwaljit Sachdeva,

Signed by

Kanwaljit Sachdeva

Kanwaljit Sachdeva. Chair of Trustees

Independent auditor

Report to the trustees of Waves Music Therapy CIO on accounts for the year ended 30 June 2024.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 June 2024.

Respective responsibilities of trustees and examiner

As the charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). The charity's trustees consider that an audit is not required for this year (under section 144(2) of the 2011 Act and that an independent examination is needed.

It is my responsibility:

- To examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the General Directions given by the Charity Commissioners under section 145(b) of the 2011 Act;
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view, and the report is limited to those matters set out in the statement below.

Independent auditor

Independent examiner's statement

I have completed my examination. I confirm that no matter have come to my attention

- Which gives me reasonable cause to believe that in, any material respect, the requirements:
- To keep accounting records in accordance with section 130 of the 2011 Act; and
- To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act; have not been met; or
- To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: Date: 23 September 2024

Philip Woodgate

Name: Philip Woodgate, FCCA
Professional Body: ACCA
Address: Woodgate Accounting Services Ltd, Unit 43, Newhaven Enterprise Centre, Newhaven, East Sussex, BN9 9BA

Accounts 2023-4

WAVES MUSIC THERAPY CIO
Charity Number: 1194782
Receipts and Payments Accounts
For the Year Ended 30 June 2024

Section A Receipts and Payments

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £	Last Year £
Receipts					
Service Delivery	100,160	-	-	100,160	75,291
Grants Received	5,500	78,983	-	84,483	39,379
Donations and Legacies	22,540	-	-	22,540	18,009
Interest Received	487	-	-	487	93
	128,687	78,983	-	207,670	132,772
Asset and Investment Sales	-	-	-	-	-
Total Receipts	**128,687**	**78,983**	**-**	**207,670**	**132,772**
Payments					
Therapists	81,380	43,565	-	124,945	81,015
Administration	20,135	14,125	-	34,260	30,282
Equipment	658	2,008	-	2,666	806
Marketing	569	-	-	569	-
Postage and Stationery	45	-	-	45	156
Room Hire	90	1,766	-	1,856	1,276
Insurance	375	-	-	375	346
IT Costs	583	-	-	583	1,056
Telephone	-	-	-	-	78
Training	-	2,346	-	2,346	332
Travel and Subsistence	717	505	-	1,222	274
Bank Charges	45	-	-	45	63
Accountancy	552	-	-	552	480
Sundry Expenses	529	916	-	1,445	142
Building	580	3,487	-	4,067	-
Refunds of Therapy Sale Fees	450	-	-	450	-
Waves Music Therapy CIC	-	-	-	-	1,424
	106,708	68,718	-	175,426	117,730
Asset and Investment Purchases	-	-	-	-	-
Total Payments	**106,708**	**68,718**	**-**	**175,426**	**117,730**
Net of Receipts/(Payments)	**21,979**	**10,265**	**-**	**32,244**	**15,042**
Transfers Between Funds	- 754	754	-	-	-
Cash Funds Last Year End	43,944	16,970	-	60,914	45,872
Cash Funds This Year End	**65,169**	**27,989**	**-**	**93,158**	**60,914**

Accounts 2023-4

WAVES MUSIC THERAPY CIO
Charity Number: 1194782
Receipts and Payments Accounts
For the Year Ended 30 June 2024

Section B Statement of Assets and Liabilities as at 30 June 2023

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £
Cash Funds			
Current Account	2,836	-	-
Deposit Account	62,333	27,989	-
Total Cash Funds	**65,169**	**27,989**	**-**
Other Monetary Assets	-	-	-

	Funds to which asset belongs	Cost	Current Value
Investment Assets	-	-	-
Assets Retained for Charity's Own Use	-	-	-

	Funds to which liability relates	Amount Due	When Due
Liabilities			
Independent Examiners' Invoice	Unrestricted	552	

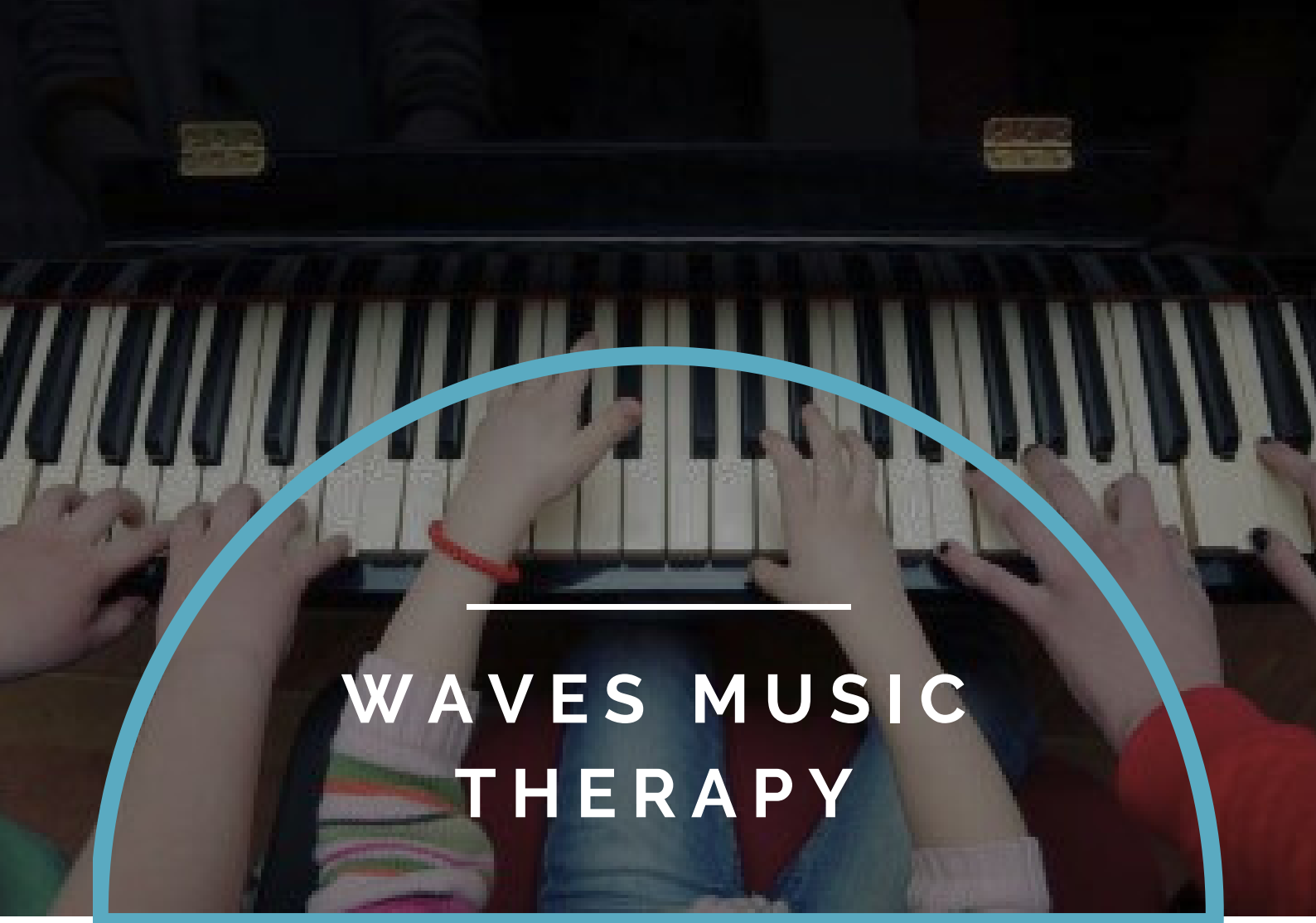
Signed by one or two trustees on behalf of all the trustees:

Signature	Print Name	Date of Approval
Kanwaljit Sachdeva	Kanwaljit Sachdeva	23/09/2024

WAVES MUSIC THERAPY

England & Wales - Charity number 1194782

Accounts



WAVES MUSIC THERAPY

ANNUAL REPORT

JUNE 2022-JUNE 2023

WAVES
MUSIC THERAPY

Waves Music Therapy
Charity number 1194782

TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS YEAR ENDED 30 June 2023

Trustees:
Kanwaljit Sachdeva- Chair
Paul Finnett
Michelle Garner

CEO:
Victoria Hartkemeyer

Project Lead:
Ruth Spencer

Clinical Lead:
Hazel Child

Funding lead:
Anna Macken

Address:
Waves Music Therapy
22 The Drive
East Preston
Littlehampton
West Sussex
BN16 1QL

Independent Examiner:
Philip Woodgate FCCA
Woodgate Accounting Services Ltd
Unit 43, Newhaven Enterprise Centre,
Newhaven, BN9 9BA

Chair of Trustees

Letter from the Chair of Trustees:

The excellent team at Waves have worked relentlessly over the year to build on its conversion to a CIO last year. In our second year, the charity has expanded its partnerships with local and national organisations as well as talented individuals that bring with them a wide variety of skills. Waves has been able to grow through providing a wider range of services to meet the needs of vulnerable young people and adults in the Sussex area through music therapy. Waves is developing a strong identity with practitioners who benefitted from the inaugural conference this year.

As we look to next year, we are planning to expand and develop the board of trustees to support the CEO and team more effectively as the charity grows.

The board would like to congratulate and thank Victoria for all her hard work and also the wider team at Waves who have made this a successful year.

Kanwaljit Sachdeva

CHAIR OF TRUSTEES

Trustee Annual Report

WAVES MUSIC THERAPY TRUSTEE ANNUAL REPORT.

Year ended June 30th 2023

The Trustees present their report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and comply with the charity's governing document, and the Charities Act 2011.

WHO WE ARE

Waves Music Therapy is a West Sussex based team of HCPC-registered, experienced, and friendly clinicians who endeavour to provide the highest standard of music therapy provision. We are musicians who use our therapeutic tool kit, clinically recognised psychological interventions and creativity to connect and communicate with our service users in the way that is appropriate for them and their needs.

Waves provides music therapy sessions to individuals with a range of complex additional needs including social, emotional, mental health, trauma, physical, communication and learning needs. Our work provides opportunity for meaningful relationship building, self-expression, creativity and communication, reduces stress and anxiety, all of which leads to improved confidence and self-esteem, emotional well-being and growth.

Our mission

OUR MISSION:

Our mission is to enable any person, with any additional need, who seeks to engage in clinical music therapy with our qualified, HCPC registered therapists, to be able to do so. The charity will work across the county of West Sussex to ensure that there are no barriers to accessing the service and will use our funds to support our clients to engage in music therapy.

Waves Music Therapy provides individual and group clinical music therapy sessions for any person with any additional need who will benefit from a safe, accessible therapeutic space. Music therapy supports the social, emotional, mental health, communication, learning and physical needs of our service users with the objective of improving well being and quality of life.

The Trustees are aware of Charity Commission guidance on public benefit reporting as set out in Section 17 of the Charities Act 2011. They believe Waves Music Therapy fulfils a fundamental public benefit by:

"For the public benefit, the relief of those in need by reason of physical and mental health, ill health, disability or social disadvantage through providing clinical music therapy by HCPC registered therapists with the overall objective of improving quality of life."

Successes 22-23

SUCCESSES 2022-2023

- We increased our reach by 30% in this year
- 88% of all sessions were delivered free at point of delivery
- Our gross turnover increased from £94,000 to £132,000
- We just under £40,000 in grants
- We provided over 3300 client hours
- We ran 56 hours of rap workshops
- We welcomed Anna Macken as Fundraising Lead
- We became an Arts Awards Centre
- We succeeded in becoming an Adoption Support Fund provider
- The Toby Project continues to flourish
- We held our inaugural Waves conference

NHS SUSSEX

WAVES
MUSIC THERAPY

In January 2023 Waves were one of six services in Sussex selected by the NHS Sussex Integrated Care Board (ICB) who, in recognising our ability to connect with and engage children and young people with complex additional needs, commissioned a piece of work entitled: **Reaching complex young people, elevating youth voices and opinions about the NHS.**

The aim of the research was to engage children and young people with additional needs, listening to their experiences of their health and care. We ran 6 workshops, reaching 46 children and young people; engaging children who use alternate communication modes such as communication devices, sign and makaton, children who are non speaking with profound needs, children with complex histories of trauma, children with mental health needs, children with learning needs and children in care.

Following the six, 2- hour workshops where each group was consulted about their feelings, their words were brought together in a powerful spoken word piece. The childrens' voices were clear, and common themes emerged. The children told us they need to feel heard and listened to, that there is a sense of powerlessness around their care, that they desire independence and that the NHS feels distant, that they don't know where to go for help and that they have experiences of reaching out and there being no response, action or resolution. We told the NHS that the young people need to feel seen and heard, that it takes time to build relationships and that commissioners need to meet the children where they are and aim to value and understand them., Our findings were submitted to the NHS and collated as part of their development of a new Integrated Care Board in Sussex. Links to the music and report can be found on our website

Notable Moments

- NHS Sussex Integrated Care Board commissioned Waves Music Therapy to engage children and young people with additional needs as part of their research entitled 'Conversations in Health and Care'. Read the report here: Waves NHS research Paper

- The Royal Society for Public Health (RSPH) published a clinical case study from Waves, written by Victoria and edited by Florence Gildea.

- Our inaugural conference was held in September 2022, successfully bringing together 36 arts therapy delegates from across the South of England.

- In summer 2023 Waves became a delivery partner with West Sussex Music, the music education hub (MEH) for West Sussex.

- Our partnerships with Momentum Children's' Charity, West Sussex MIND, Mencap and Red Balloon in Worthing continued to flourish, as did our ongoing collaborative work with spoken word artist and performer, Louie Le Vack.

BBC Comic Relief

BBC Comic Relief choose Waves to star in 2024 Red Nose day film.

In summer 2023 BBC Comic Relief chose, from the thousands of projects that they support every year, the work that Waves Music Therapy undertakes in local schools to feature as their UK project on Red Nose Day - 15th March 2024 (BBC). Comic Relief's focus on our work is a huge validation of the work that we deliver.

Comic Relief's vision is to create a just world free of poverty. They believe that "those closest to the issues have the best solutions," so they partner with amazing projects and organisations that tackle some of the biggest challenges faced by society today. Comic Relief funding supported Waves to deliver spoken word workshops across schools in West Sussex and we are extremely proud that our work, ethos & vision is being recognised in this way.

Comic Relief also selected the project to be the foundation for Red Nose Day lesson plans. These classroom resources - based on the workshops delivered by our spoken word artist and facilitator - will be shared with every primary and secondary school in the UK.

We look forward to sharing all of the news in our 2023-24 report.

Funding News

GRANTS RECEIVED THIS FINANCIAL YEAR JUNE 22-23

Restricted Grants

- Comic Relief (Groundswork UK) £4,990
- Artswork £484
- NHS £2,500
- SCF (Sussex Community Foundation) £5,000
- Worthing BC and Adur DC (Ukrainian refugees fund: £4990 each) £9,980
- Skipton Building Society £2,000

Total: £24,954

Unrestricted Grants

- D'Oily Carte Charitable Trust £3,000
- Ernest Kleinwort charitable Trust £1,500
- National lottery community fund: £9,925.00

The Toby Finnett Project:

- Received £15,600 from donations and fundraising events
- Funded the delivery of over 250 hours music therapy and rap workshops
- Fully funded the making of a video about the rap workshops

Waves Conference 2022

On September 24th 2022 we held our inaugural Waves Music Therapy conference at Creative Heart in Littlehampton, West Sussex. The conference, entitled **Creative Arts Therapies: Collaboration, Connection and Communication**, brought together 36 Arts therapists, music practitioners and student music therapists in a day of experiential sessions, reflective practice, peer supervision, networking and learning.

Our three presenters delivered 6 hours of CPD:

Through the 'magical window': An Exploration of Role in Drama Therapy. Stephanie McClean. Creative Arts Psychotherapist (drama).

Speaking Through Music - coming back to the future through listening to songs. Experiences of a community music therapy group for adults.

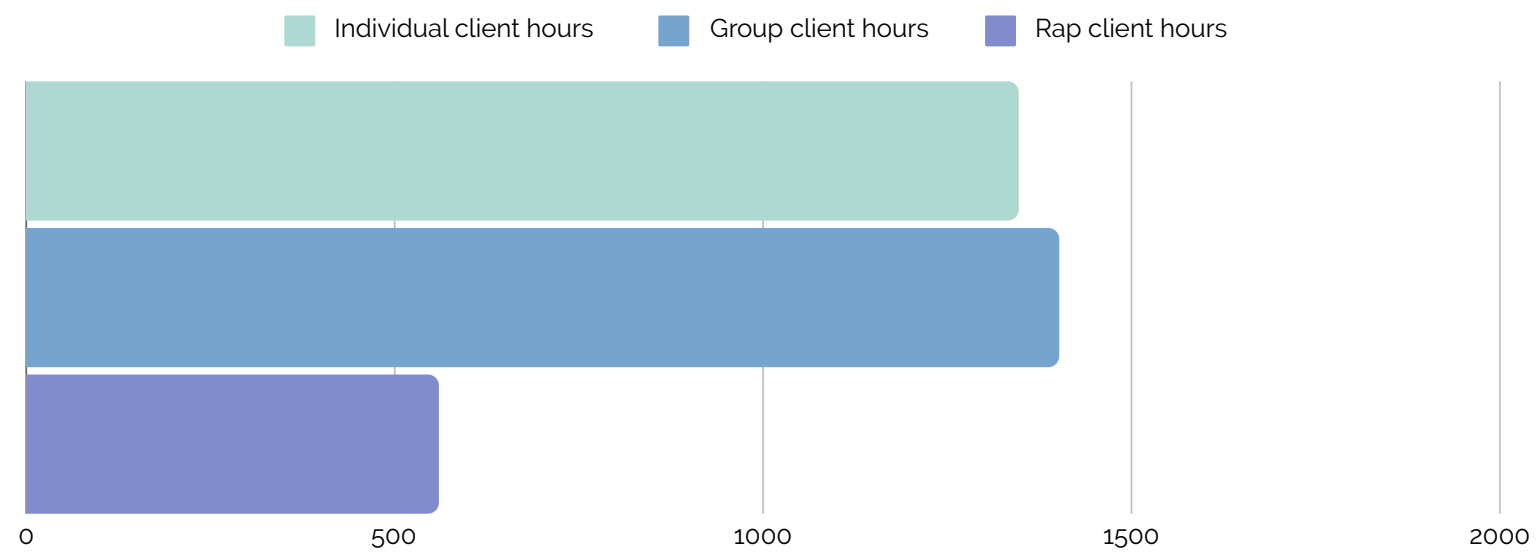
Anna Macken, Music Therapist.

Spoken word: a workshop sharing the use of rap to engage at-risk, vulnerable and complex young people. Louie LeVack: rapper, performer & practitioner.

100% of delegates shared that they would like to attend future events and feedback included: “Hugely helpful and inspiring” “Great to connect with other therapists” “I feel nourished, have lots of new ideas and am ready to get started” and “Waves feels like home.”

The numbers

Client hours for period June 22-June 23
Total hours client hours delivered: **3309**

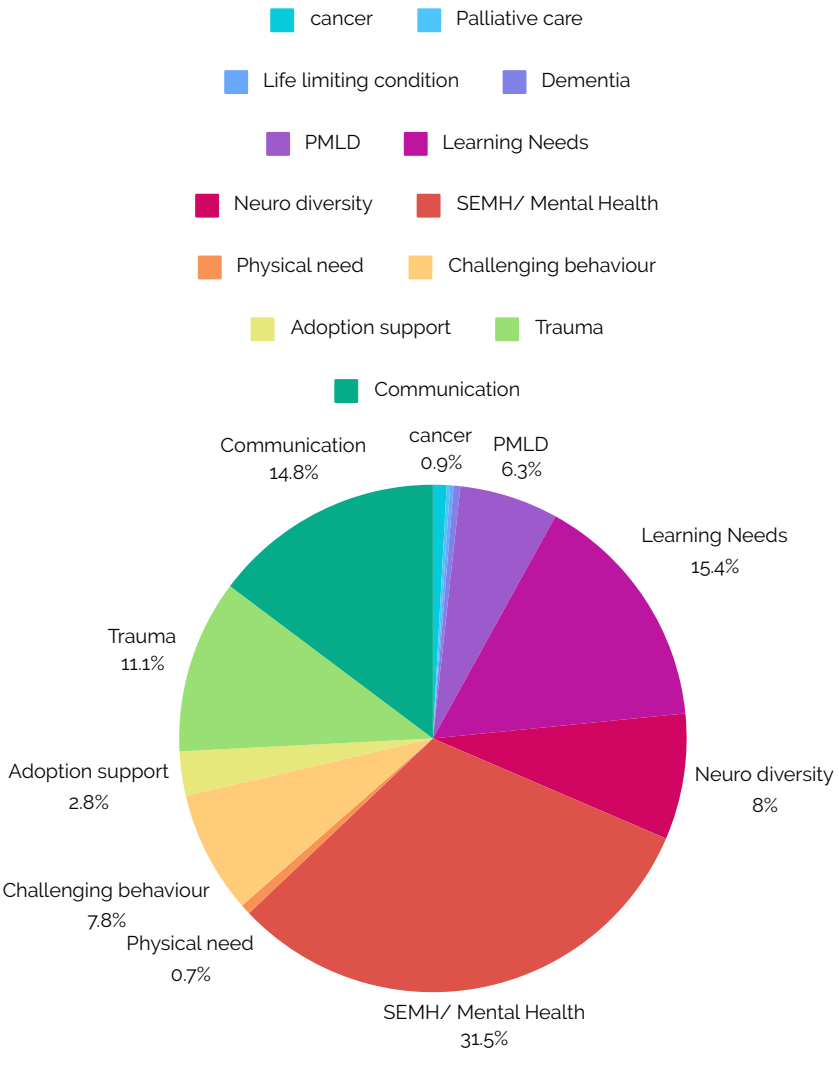


The pie chart to the right expresses the primary reason for referral to music therapy and community music with Waves Music Therapy in 2022-23.

In this year we have seen a marked increase in the referrals to our service from mainstream education settings to support children with Social, Emotional and Mental Health needs. Music therapy is evidenced as an effective means of enabling young people who struggle to communicate to build positive relationships and move towards well-being.

Our referrals across all areas have increased and our team of therapists work across all age groups 0-65+ offering music therapy in individual, group and community settings,

We delivered a record 3309 clients hours in 22-23.



Note from the CEO

I am very proud of the achievements of our service in this, our second year as a CIO. Being selected for major pieces of work on a county wide level with NHS Sussex, and then on a national level with our work with Comic Relief is huge reinforcement that the work we are doing is valuable, valued and continually growing. This is also reflected in the growing number of people with complex needs that we delivered over 3300 client hours this year across early years, children, young people, adults and the elderly in a diverse range of settings.

Our team continues to thrive and support one another, most notably with our conference in September '22 which brought the opportunity for us to be together to learn, collaborate and celebrate our work. I think that the comment from one of our delegates that the Waves conference "felt like home" is the biggest validation for me as founder when remembering back in 2013 that I established Waves to bring people together; both those in need and qualified clinicians, in a supportive environment.

My sincere thanks to the trustee board who guide and oversee all that we do, our talented and dedicated team and of course our musician beneficiaries.

Victoria Hartkemeyer

FOUNDER/CEO

Financial Review

FINANCIAL REVIEW

Total income for the year ended 30 June 2023 was £132,772, made up of 56.5% from therapy sales, 30% from grants and 13.5% from donations.

A breakdown of our therapy sales revealed that less than 12% is funded by private individuals and families. The rest we help our service users to access funding – for example from social services, pupil premium, charities, virtual school, direct payments.

Total expenditure in the year was £117,730. Of this over 82% paid directly for delivery of music therapy/workshops.

As Waves seeks to support people at their point of need, including assisting with financing sessions, we are keen to secure grants for ongoing projects as well as secure grants to enable us to meet our operational costs. We will also endeavour to build up reserves to enable us to finance the charity's commitments for 3-6 months.

Any funds described as "restricted income" are available only for the specific projects or purposes determined by the funders. In addition, we hold "designated funds" which have been raised for a specific project or purpose.

At the end of June 2023, we carried forward the following restricted funds:
Groundwork UK (Comic Relief) £4,990
Adur District Council (Ukrainian Refugee fund) £4,990
Worthing Borough Council (Ukrainian Refugee fund) £4.990
Skipton Building Society £2,000
and the following designated fund:
The Toby Finnett Project Fund £18,914

Financial Review

FINANCIAL REVIEW

As part of the year end process the Trustees reviewed the charity's Reserves Policy. It was confirmed that the policy was still valid, and that the charity would maintain free reserves because: it has no endowment funding and is entirely dependent on income funding from year to year, which is inevitably subject to fluctuation, and it requires protection against, and the ability to continue operating despite catastrophic or lesser but damaging events.

To this end, Waves Music Therapy aims to accumulate reserves equal to 3 to 6 months unrestricted expenditure. At the end of June 2023 our unrestricted reserves (excluding designated reserves) stood at £25,030; this represents just over 3 months of unrestricted expenditure.

The Trustees are responsible for overseeing the risks faced by the charity. Risks are identified and assessed throughout the year. The trustees are satisfied that any risks have been adequately mitigated where necessary and they have undertaken an overall risk assessment.

Signed by

K Sachdeva

Kanwaljit Sachdeva. Chair of Trustees

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

Waves Music Therapy registered as a Charitable Incorporated Organisation on 14 June 2021. The charity is governed under its Constitution. The Trustees have a responsibility to ensure that all aspects of the charity's activities are properly conducted and carried out in full compliance with its Constitution. All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed by any Trustee during the year.

Board of Trustees

- Kanwaljit Sachdeva Chair of Trustees.
- Michelle Garner. Safeguarding and policies lead.
- Paul Finnett. Financial lead.

CEO

- Victoria Hartkemeyer. As a music therapist and founder of the charity, she was best placed to continue to drive the charity forward. She reports to the board of Trustees.

CORE TEAM

- Hazel Child taking clinical leadership responsibility, working closely with therapists.
- Ruth Spencer taking on the role of Project Lead, focusing on the delivery of projects supported by grants and overseeing the spending of each.
- Anna Macken joined us leading on fundraising.

Notes

- We continued to successfully use the clearer accounting system introduced last year. A breakdown of therapy sales was introduced
- Charity banking was moved from HSBC to a free Natwest account
- We started to utilise Freeagent software for invoicing and billing.

Governance

GOVERNANCE, STRUCTURE, AND MANAGEMENT

The Trustees are appointed under the terms of the Constitution. Each new Trustee is given a copy of the Constitution, details of their responsibilities as a charity trustee, contact details of fellow Trustees and core team, background on the charity's strategy and current projects and other information useful in pursuing their role. New Trustees are recruited in consultation with the CEO to ensure that the requisite skills are available to support the charity's activities.

The Trustees provide governance and develop policy for the charity and accept ultimate legal authority for it. The Trustees formulate and regularly review the long- and short-term strategic aims of the charity as well as setting specific goals and priorities. The Trustees approve budgets and are responsible for the good stewardship of the charity's resources.

They work in partnership with the CEO with a view to furthering the charity's objectives. The Trustees are responsible for preparing the Report of the Trustees (Annual Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report was approved by the Board of Trustees on the 28th February 2024 and signed on its behalf, by: Kanwaljit Sachdeva, Chair of the Board of Trustees

Signed by

K Sachdeva

Kanwaljit Sachdeva. Chair of Trustees

Independent auditor

Report to the trustees of Waves Music Therapy CIO on accounts for the year ended 30 June 2023.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 June 2023.

Respective responsibilities of trustees and examiner

As the charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). The charity's trustees consider that an audit is not required for this year (under section 144(2) of the 2011 Act and that an independent examination is needed.

It is my responsibility:

- To examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the General Directions given by the Charity Commissionersunder section 145(b) of the 2011 Act;
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view, and the report is limited to those matters set out in the statement below.

Independent auditor

Independent examiner's statement

I have completed my examination. I confirm that no matter have come to my attention
1. Which gives me reasonable cause to believe that in, any material respect, the requirements:

- To keep accounting records in accordance with section 130 of the 2011 Act; and
- To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act; have not been met; or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the
accounts to be reached.

Signed: Philip Woodgate **Date:** 10 April 2024

Name: Philip Woodgate, FCCA
Professional Body: ACCA
Address: Woodgate Accounting Services Ltd, Unit 43, Newhaven Enterprise Centre, Newhaven, East Sussex, BN9 9BA

Accounts

WAVES MUSIC THERAPY CIO
Charity Number: 1194782
Receipts and Payments Accounts
For the Year Ended 30 June 2023

Section A Receipts and Payments

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £	Last Year £
Receipts					
Service Delivery	75,291	-	-	75,291	68,287
Grants Received	14,425	24,954	-	39,379	21,456
Donations	18,009	-	-	18,009	3,994
Interest Received	93	-	-	93	5
Waves Music Therapy CIC	-	-	-	-	31,323
	107,818	24,954	-	132,772	125,065
Asset and Investment Sales	-	-	-	-	-
Total Receipts	**107,818**	**24,954**	**-**	**132,772**	**125,065**
Payments					
Therapists	69,810	11,205	-	81,015	56,962
Administration	23,705	6,577	-	30,282	19,050
Equipment	806	-	-	806	266
Marketing	-	-	-	-	6
Postage and Stationery	156	-	-	156	217
Room Hire	-	1,276	-	1,276	238
Insurance	346	-	-	346	286
IT Costs	1,056	-	-	1,056	534
Telephone	78	-	-	78	97
Training	332	-	-	332	61
Travel and Subsistence	274	-	-	274	77
Bank Charges	63	-	-	63	33
Accountancy	480	-	-	480	-
Sundry Expenses	142	-	-	142	431
Waves Music Therapy CIC	1,424	-	-	1,424	935
	98,672	19,058	-	117,730	79,193
Asset and Investment Purchases	-	-	-	-	-
Total Payments	**98,672**	**19,058**	**-**	**117,730**	**79,193**
Net of Receipts/(Payments)	**9,146**	**5,896**	**-**	**15,042**	**45,872**
Transfers Between Funds	- 585	585	-	-	-
Cash Funds Last Year End	35,383	10,489	-	45,872	-
Cash Funds This Year End	**43,944**	**16,970**	**-**	**60,914**	**45,872**

Accounts

WAVES MUSIC THERAPY CIO
Charity Number: 1194782
Receipts and Payments Accounts
For the Year Ended 30 June 2023

Section B Statement of Assets and Liabilities as at 30 June 2023

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £
Cash Funds			
Current Account	31,984	16,970	-
Current Account	11,959	-	-
Deposit Account	1	-	-
Total Cash Funds	**43,944**	**16,970**	**-**
Other Monetary Assets	-	-	-

	Funds to which asset belongs	Cost	Current Value
Investment Assets	-	-	-
Assets Retained for Charity's Own Use	-	-	-

	Funds to which liability relates	Amount Due	When Due
Liabilities			
Independent Examiners' Invoice	Unrestricted	552	

Signed by one or two trustees on behalf of all the trustees:

Signature	Print Name	Date of Approval
K Sachdeva	Kanwaljit Sachdeva	15.4.24