

Seed Sessions  
(a Charitable Incorporated Organisation)

Annual Report and Financial Statements  
For the Period Ended 31 December 2024

Charity Registration Number: 1206526

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## Reference and administrative details

Trustees	Rea Mole Paul Satterly Edd Stone Isie Potter (appointed 19 November 2024) Daniel Lydon (appointed 07 February 2025) Lawottim Anywar (appointed 07 February 2025) Jane Lings (appointed 07 February 2025)
Registered Charity Number	1206526
Registered Office	St Brandons House 29 Great George St Bristol BS1 5QT

## **Aims and Objectives**

Seed Sessions is a Charitable Incorporated Organisation registered in the United Kingdom with the Charity Commission (no. 1206526).

The charity's objects are for the public benefit to relieve the needs of young, male identifying, emerging musicians who are experiencing or who are at risk of experiencing poor mental health by:

- Supporting such musicians to access talking therapy.
- Enabling such musicians to obtain mentoring support and develop their music-making as a healthy practice.
- Raising public awareness, promoting understanding and challenging negative stigma and discrimination in relation to mental health.

## **Review of Activities and Achievements**

Seed Sessions was registered with the Charity Commission on 12th January 2024 and has had significant successes.

### **Seed Sessions (standard sessions)**

Seed Sessions, at the time of writing this report, is in an active cohort providing care to new participants. Within an active cohort cycle we provide each participant with:

- fortnightly talking therapy with our approved counsellors.
- monthly mentorship sessions with our professional musician mentors.
- recording time at dBsPro studio in Bristol, with whom we have built a strong partnership.

### **Group Therapy**

We have expanded our access to talking therapy by introducing participants to group therapy which has been extremely helpful in providing continuous care. One of our participants wrote that they have learnt "strategies and techniques to further improve resilience while coping with their body and emotions." Another participant was quoted saying "I definitely feel closer to the community, and I'm finding more value in the people around me as well as myself."

### **Seed Sessions Jam**

Seed Sessions Jam was created and is led by a former participant who has since been appointed as a Trustee to the charity. The jam is a monthly get together for musicians to express themselves musically and verbally, and it has garnered increasing recognition within Bristol and the surrounding areas. We are proud of the progress and impact that Seed Sessions Jam has achieved to date. Its presence at various events, including other Bristol-based performances, such as Space Jams/Analogue Lounge, has significantly contributed to raising awareness for our charity. In addition to its positive social impact, Seed Sessions Jam has also served as an effective fundraising initiative, helping to sustain and expand the vital work carried out by our organisation.

### **Relationship Building and Partnerships**

This year we have formed valuable new relationships - most notably with Camp Kerala, who have provided us with a unique opportunity to raise awareness about men's mental health

among their high-net-worth clientele. Through this partnership, we have been able to bring our participants to a special event at Glastonbury, where they not only performed but also shared personal stories and insights, using the platform to speak openly about their mental health journeys. This collaboration is allowing us to reach a wider and more influential audience, furthering our mission to break down stigma and spark meaningful dialogue around mental wellbeing.

Seed Sessions also partnered with Busker's Banquet to talk to their customers about our impact within music & mental health. We hope for this to be the beginning of a long term relationship.

St George's Bristol kindly invited Seed Sessions to be guests on their podcast "The Leading Note" to discuss the impact of our work. This opportunity was incredibly valuable, giving us the chance to openly share the mission behind what we do and how we support our participants. Podcast guests were Mark Crown (Charity Director) and Giorgio Cortiana, a former Seed Sessions' participant, who embraced the occasion with enthusiasm. He spoke confidently and candidly about his own mental health journey - an inspiring moment that reflects real progress.

### **Public Benefit**

During the year under review, Seed Sessions has continued to deliver meaningful public benefit, particularly through the introduction of Seed Sessions Jam. This monthly night has become a powerful platform for raising awareness and challenging the stigma surrounding men's mental health. It offers a welcoming, supportive space where male identifying musicians (particularly those navigating mental health challenges) can connect with fellow musicians, express themselves creatively, and build a sense of community.

The jam has also been effective in providing support to other musicians who have not been in a standard Seed Sessions cohort. Jam session participants are invited to join our group therapy sessions to have a taste of what therapy can do, and to build support and understanding within the community. We firmly believe that the jam offers a meaningful respite from the mental health challenges faced by our participants.

We believe and have evidence that the positive impact of our services ripples out far beyond the individuals directly involved, having received feedback from families, friends, and loved ones. For example: "I want to thank you for Seed Sessions that have had such a positive impact on my son. I can see that he has started to move out of a dark and lonely time in his life and to start to find some confidence in himself. I am so grateful to you for accepting him on your programme and for all that it has meant to him. He is so excited about a recording day that he has. It is wonderful to see him motivated and positive.

This is a precious opportunity that you have given him and I can't thank you enough. I really hope that he can in some way still be in touch when it is over as he is still vulnerable. What an amazing thing you are doing."

## **Structure, Governance and Management**

Seed Sessions is registered as a Charitable Incorporated Organisation with the Charity Commission for England and Wales. It is governed by its Constitution 4 January 2024.

Trustees are normally elected by the current Board of Trustees in a general meeting. Seed Sessions has been successful in bridging its skills gaps to recruit new Trustees since the reporting date.

Each new trustee will receive induction sessions with the Chair, where they are provided with the background to the charity and receive guidance on their role and responsibilities as a trustee of the charity. Training is provided to new Trustees by reference to the Charity Governance Code and the Charity Commission's 'The Essential Trustee' guidance.

During the reporting period the Board of Trustees oversaw the charity's strategic decision making alongside all aspects of its operational decisions. Since the period end a team has started to be developed to delegate these operational decisions.

Relationships and transactions with related parties are recorded as they occur. A register of declared interests is maintained by the Secretary and reviewed on an annual basis. There were no transactions with related parties during the period.

## **Financial Review**

During the reporting period to 31 December 2024 incoming resources have been recorded of £12,869. This income consisted mainly of donations from events. Resources expended during the period have totalled £9,052, of which the majority relates to counselling and music mentorship services.

The charity's total reserves at the reporting date amount to £3,817 which has exceeded budgeted activity for the reporting period. All of this balance is held as unrestricted funds.

## **Reserves Policy**

It is the intention of the Trustees that the freely available reserves of the charity should be accumulated up to a level sufficient to ensure the continuance of its activities should there be an unexpected short-term fluctuation in income. These freely available reserves are unrestricted funds not committed or invested in tangible fixed assets. A sufficient level of free reserves would guarantee the continuation of the charity's activity, whilst decisions and actions were taken to find other sources of income or reduce the level of a particular activity.

The Trustees consider that an appropriate level of free reserves is approximately three months' normal expenditure, plus a contingency allowance for unforeseen commitments. At the reporting date the charity's free reserves were in excess of this requirement.

## **Going concern**

The Trustees have given due consideration to the charity's ability to meet its obligations for the foreseeable future. Given the robust reserves policy in place and the Trustees consider it is appropriate to adopt the going concern principle in preparing these financial statements.

## **Remuneration of Key Management**

Key Management Personnel consists solely of the charity Trustees, none of whom are remunerated for their services. There were no transactions with the Trustees during the reporting period.

### **Plans for Future Periods**

We have constructed a 3-year budget which will allow us to continue our work comfortably. There is a big focus on acquiring substantial funding so we can be sustainable for the next couple of years.

In order to maximise impact we aim to complete a new cohort (2nd cohort of 2025) by the end of October 2025.

We also plan to expand our reach and explore a new city in 2026. This is important for us to show growth in what we do, but also to achieve expansion of our services nationally.

Our budget includes funding for:

- Continued Top Up Sessions for our participants. (Extra 1 to 1 counselling for those in need)
- Expanding Group Therapy
- Providing more studio time
- Funding a Seed Sessions Concert

### **Principal Risks and Uncertainties**

The charity continues to operate in a period of economic uncertainty and rapid change within the United Kingdom. There have been some constraints and challenges in acquiring sustainable funding due to the organisation becoming a CIO for the first year.

### **Responsibilities of the Trustees**

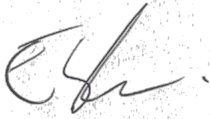
The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charities

(Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

A handwritten signature in black ink, appearing to be 'E. H.', with a small flourish at the end.

Signed by order of the Board of Trustees

16 July 2025



## Seed Sessions

### Statement of Financial Activities (incorporating an income and expenditure account) For the period ended 31 December 2024

		Unrestricted funds	Restricted funds	Total funds 2024
	Notes	£	£	£
<b>Income from:</b>				
Donations	2	10,869	-	<b>10,869</b>
Charitable activities	3	-	2,000	<b>2,000</b>
<b>Total</b>		<u>10,869</u>	<u>2,000</u>	<u><b>12,869</b></u>
<b>Expenditure on:</b>				
Charitable activities		7,052	2,000	<b>9,052</b>
<b>Total</b>	4	<u>7,052</u>	<u>2,000</u>	<u><b>9,052</b></u>
<b>Net income and movement</b>		<u>3,817</u>	<u>-</u>	<u><b>3,817</b></u>
Transfers between funds	8	-	-	-
<b>Net movement in funds</b>		<u>3,817</u>	<u>-</u>	<u><b>3,817</b></u>
<b>Total funds carried forward</b>	8	<u>3,817</u>	<u>-</u>	<u><b>3,817</b></u>

## Seed Sessions

### Balance sheet as at 31 December 2024

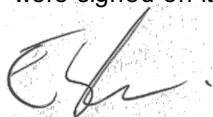
	Notes	2024 £
<b>Current assets</b>		
Cash at bank and in hand		<u>3,817</u>
		<b>3,817</b>
<b>Current liabilities</b>		-
<b>Net current assets</b>		<u>3,817</u>
<b>Net assets</b>	8	<u><u>3,817</u></u>
<b>Funds</b>		
Unrestricted funds	8	<u>3,817</u>
<b>Total funds</b>		<u><u>3,817</u></u>

The Trustees acknowledge their responsibilities for:

- (a) ensuring that the organisation keeps proper accounting records; and
- (b) preparing accounts which give a true and fair view of the state of affairs of the

The accounts have been prepared in accordance with 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 financial statements were approved by the Board on 16th July 2025 and were signed on its behalf by:



.....  
Edd Stone  
Trustee

**Seed Sessions**

**Cash flow statement for the period ended 31 December 2024**

	Notes	2024 £
<b>Cash flows from operating activities</b>		<u><b>3,817</b></u>
Increase in cash at bank and in hand during the year		<u><u><b>3,817</b></u></u>
Cash balances at the start of the financial year		-
<b>Cash balances at the end of the financial year</b>		<u><u><b>3,817</b></u></u>

The following notes form part of these financial statements

### Notes for the period ended 31 December 2024

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#### 1 Accounting policies

##### 1.1 Legal status of the charity

Seed Sessions was founded in the United Kingdom as a Charitable Incorporated Organisation (charity number 1192453) on 12 January 2024. Its registered address is St Brandons House, 29 Great George Street, Bristol, BS1 5QT. The number of members as at 31 December 2024 was four, as disclosed in the Trustees' Annual Report.

##### 1.2 Basis of preparation

The financial statements have been prepared in accordance with 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).

##### 1.3 Going concern

The financial statements are prepared on the going concern basis. The charity has reported strong financial performance during the reporting period.

The charity holds a strong financial position at the reporting date and the Trustees have set a robust reserves policy to ensure all foreseeable financial commitments can be met as they fall due.

##### 1.4 Income

Grants, donations and other income are credited to the statement of financial activities in the year to which they relate. Grants and donations will be recognised on an accruals basis, when receipt is probable and amounts are measurable. Other income, including investment income, is recognised on an accruals basis.

Income is recognised when the conditions of entitlement, probability and measurement have been met, unless it relates to a specific future period, in which case it is deferred. Contract income is recognised over the life of the assignment or upon the satisfactory completion of milestones where these exist.

##### 1.5 Expenditure

Expenditure is accrued as soon as a liability is considered probable. Charitable activities include expenditure associated with the provision of reforestation services and includes both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements and are included within support costs.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

##### 1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Only assets costing in excess of £500 are capitalised. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line
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#### **1.7 Creditors**

Creditors are recognised when the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due. Concessionary loans received which are repayable on demand are measured at the amount received and no adjustment is made.

#### **1.8 Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### **1.9 Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

#### **1.10 Taxation**

As a charity the organisation is exempt from UK corporation tax to the extent that its income is applied to its charitable objects. No liability arose in the period.

The charity is registered for VAT.

#### **1.11 Funds**

The unrestricted income fund consists of funds to be used for the purposes of the charity's objectives at the discretion of its Trustees, and to meet overheads.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in Note 12 to the financial statements.

#### **1.12 Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### **1.13 Critical accounting estimates and key sources of estimation uncertainty**

Preparation of the financial statements requires management to make judgements and estimates. The Trustees consider that there are no material judgements or sources of estimation in applying accounting policies.

## Seed Sessions

### Notes for the period ended 31 December 2024

#### 2 Donations

	2024 £
Donations	10,869
	<u>10,869</u>

#### 3 Incoming resources from charitable activities

	2024 £
Grant funding	2,000
	<u>2,000</u>

#### 4 Analysis of total expenditure

	Direct costs £	Support costs £	2024 £
Charitable activities			
Music therapy services	5,838	3,214	9,052
<b>Total expenditure</b>	<u><b>5,838</b></u>	<u><b>3,214</b></u>	<u><b>9,052</b></u>

**5 Support costs**

	<b>2024</b>
	<b>£</b>
Accountancy fees	-
Salaries	<b>1,150</b>
Advertising/Promotional	<b>951</b>
Small tools and equipment	<b>50</b>
General expenses	<b>69</b>
Travel and accomodation	<b>995</b>
	<b><u>3,214</u></b>

**6 Staff costs and Trustee remuneration**

The Charity had no employees during the reporting period. No Trustee or any person connected with a Trustee has received or is due to receive any remuneration.  
There are no further transactions with related parties.

## Notes for the period ended 31 December 2024

**7 Financial commitments**

At 31 December 2024 the company had no disclosable financial commitments.

**8 Reconciliation of movement in funds**

For the period ended 31 December 2024:

	Income	Expenditure	At 31 December 2024
	£	£	£
<b>Restricted funds</b>			
Quartet Community Foundation	2,000	(2,000)	-
<b>Unrestricted funds</b>			
General fund	10,869	(7,052)	<b>3,817</b>
<b>TOTAL FUNDS</b>	<u>12,869</u>	<u>(9,052)</u>	<u><b>3,817</b></u>

A restricted grant was received during the year from the Quartet Community Foundation to support the delivery of a further intake of the music mentorship programme in Bristol.