

# CHANGE THE TEMPO

England & Wales · Charity number 1217782

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2026-04-24

**Register** [View on the Charity Commission register](#)

## Contact

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## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:1. TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF MENTAL HEALTH AND THE IMPACT OF POOR MENTAL HEALTH ON INDIVIDUALS WITHIN THE MUSIC INDUSTRY, BY MEANS OF BUT NOT LIMITED TO THE PROVISION OF EDUCATIONAL WORKSHOPS AND TRAINING SESSIONS. 2. FOR THE PUBLIC BENEFIT, THE RELIEF OF MUSICIANS AND THOSE WHO WORK IN SUPPORTING ROLES ACROSS THE BREADTH OF THE MUSIC INDUSTRY, WHO MAY BE EXPERIENCING OR AT RISK OF EXPERIENCING POOR MENTAL HEALTH, BY MEANS OF, BUT NOT EXCLUSIVELY:1. PROVIDING EARLY INTERVENTION OPPORTUNITIES FOR PEOPLE TO WORK ON THEIR MENTAL HEALTH;2. PROVIDING PRACTICAL ADVICE AND SIGNPOSTING TO ADDITIONAL SOURCES OF ASSISTANCE;3. INCREASING AWARENESS OF, AND REDUCING THE STIGMA ATTACHED TO, MENTAL HEALTH;4. PROVIDING FINANCIAL GRANTS;5. CREATING CONTENT, EVENTS, PARTNERSHIPS AND EXPERIENCES THAT ENCOURAGE PEOPLE TO SHARE THEIR OWN INNER STRUGGLE IN A FRIENDLY AND SUPPORTIVE ENVIRONMENT.

## Classification

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- **How:** Makes Grants To Individuals, Provides Other Finance, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

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- Throughout England And Wales

## Trustees

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Name	Role	Appointed
<b>Alena Herel</b>	Chair	
Annett Mitchell		
Carol Hodge		
Christine Barker		
Dom Smith		
Juliet Russell		
Louis Barabbas		
Rachel Jepson		