

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales · Charity number 702533

Details

Status Registered

Legal form Other

Registered 1990-02-23

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

Contact

Address The Byre
Unit 4
Wath Court
Hovingham
York
YO62 4NN

Phone 01653 628725

Email enquiries@music-therapy.org.uk

Website www.music-therapy.org.uk

Activities

Objects: 1. THE RELIEF OF SICKNESS GENERALLY. 2. THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC AND IN PARTICULAR THE EDUCATION OF YOUNG PEOPLE UNDER THE AGE OF 18 YEARS SUFFERING FROM MENTALLY AND PHYSICALLY HANDICAPPING ILLNESSES WHO ARE IN NEED OF EDUCATION SO AS TO DEVELOP THEIR FULL CAPACITIES AND ENABLE THEM TO BECOME RESPONSIBLE MEMBERS OF THE SOCIETY, AND SO THAT THEIR CONDITIONS OF LIFE MAY BE IMPROVED. FOR FULL DETAILS SEE CONSTITUTION.

Activities: North Yorkshire Music Therapy Centre provides a community-based service to help families whose lives are affected by illness or disability. Music Therapy involves active music making as a means of improving physical, psychological and emotional functioning. The charity also provides information, further education, presentations/workshops and a programme of cultural events.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- City Of York
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£175,932	£217,481	-	-
2023-12-31	£122,552	£146,200	-	-
2022-12-31	£134,586	£117,875	-	-
2021-12-31	£93,421	£95,697	-	-
2020-12-31	£91,196	£83,301	-	-

Trustees

Name	Role	Appointed
Jo Danischewsky	Chair	2016-01-11
Alexander Cunningham Dickson		2022-07-11
Anna Guest		2025-07-22
Christine Loughran Hines		2022-07-11
Dr Nicholas Vavasor Hammond		2016-06-27
Dr Stephen Clift		2025-07-22
Katherine Childs		2025-07-22
Robin Alastair Bellfield		2025-07-22
Robin Andrews		2025-07-22
Sue Hoggett		2016-01-11

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales - Charity number 702533

Accounts



North Yorkshire Music Therapy Centre

Registered Charity

REPORT AND ACCOUNTS

Year ended 31 December 2024

REPORT OF THE TRUSTEES

Charity name: North Yorkshire Music Therapy Centre

Registered Number: 702533

Address: The Byre, Wath Court,
 Hovingham,
 North Yorkshire YO62 4NN

The Charity's trustees

Sir Frederic Strickland-Constable (President); Jo Danischewsky (Acting Chair); Alec Dickson (Secretary); Nicholas Hammond (Treasurer); Bernadette Cullen (resigned 21 January); Christine Hines; Sue Hoggett; Stephen Clift (from 16 July)

Banker

Virgin Money
 46 Coney Street
 York YO1 9NQ

Independent examiner

Ian Smithson
 3 Orchard Court, Northallerton
 North Yorkshire DL7 8DQ

Employees

Director of Music Therapy	Laura Festa
Senior Music Therapist	Alison Barrington (from 1 May)
Music Therapists	Thomas Merson
	Stephen Poon
Office Administrator	Michelle Cookson (to 17 October)
	Craig Whitehead (from 1 November)

Structure, governance, and management

Governing document

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

Trustees' role and selection

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at quarterly Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

Operational management of the charity

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists and musicians (both employed and freelance) and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

Financial risk assessment

1. Our existing commitments for salaries and associated costs are not fully covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to charitable trusts and other granting bodies, and to supporting a variety of fund-raising activities.
2. The long-term ill-health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied workload, and is supported through funded regular clinical supervision, arranged independently on their own behalf.
3. The investments of the charity are managed by CCLA Investment Management Limited, who act on behalf of the charity's Trustees to ensure proper management of the investment funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

Main activities

Provision

Throughout 2024, the charity continued to deliver a variety of group and individual sessions (totalling 881) across North Yorkshire. These sessions were facilitated by the Director of Therapy, three employed Music Therapists, freelance Community Musicians and Volunteers, working collaboratively to provide tailored therapeutic support.

Our work has centred around four key areas of intervention.

The first focuses on children with Special Educational Needs (SEN), supporting over 100 children in specialised SEN schools such as Springhead, Woodlands Academy and



Welburn Hall. As part of this commitment, at Springhead, we piloted an inclusive music curriculum designed to expand opportunities for children with additional needs to engage with music tuition in a way that respects their individual abilities and preferences.

The second area addresses the needs of adults with learning disabilities. Approximately 25 individuals received support through our partnerships with established providers such as the Minster provision in York, the Croft Community in Old Malton, and a United Response care home in Leeds. These collaborations have enabled us to offer music therapy services that enhance wellbeing and social inclusion

for adults living with learning disabilities.

Mental health support forms the third pillar of our work. Through our music therapy hubs located in Kirkbymoorside and Scarborough, we have continued to build on existing community





projects, while also forging stronger relationships with social prescribers connected to primary care and local authorities. This has allowed us to reach around 10 individuals experiencing mental health challenges, providing timely and accessible therapeutic interventions to complement their wider care.

The final area of focus is dementia care. We supported approximately 75 people living with dementia, along with their carers, by consolidating community-based singing groups that are dementia-friendly and working closely with Dementia Forward. Additionally, we contributed to the Melodic research project led by Anglia Ruskin University in Cambridge, providing music therapy service at Hull Hospital. Drawing on this experience, we developed a pilot music therapy service across three care homes, Lavender Fields Care Village, Connaught Court Care Home and the Holt, aimed specifically at residents exhibiting neuropsychiatric symptoms, helping to improve their quality of life.

Alongside service delivery, the charity has invested in strategic development and research activities. We conducted literature reviews and comparative evaluations to assess the impact and effectiveness of music therapy in both dementia care and SEN school settings. This evidence base informs our ongoing work to integrate music therapy more fully into individual care plans across all the settings where we operate.

We have also focused on developing social prescribing pathways, promoting stronger connections between community hubs, support networks, and healthcare providers to enhance referral processes and ensure those who could benefit most are able to access our services promptly.

Importantly, the charity is committed to co-designing services in partnership with the people who use them. We have explored various methods to actively engage service users in shaping the design and delivery of our programmes, gathering feedback to ensure that our work remains responsive, relevant and person-centred.

Support for NYMTC

1. *Financial support.* We are grateful to the following bodies supporting our work in 2024

- Network for Social Change Charitable Trust
- Garfield Weston Foundation
- Coop Local Community Fund
- Ryevitalise Landscape Partnership
- Power of Music Fund
- Hillards Charitable Trust
- The Baily Thomas Charitable Fund
- The Charles & Elsie Sykes Trust
- The Whitwam Family Charitable Foundation
- National Lottery Community Fund
- The Liz & Terry Bramall Foundation
- The Kirkby Foundation
- Postcode Neighbourhood Trust
- John Feldberg Foundation

2. *Community Support.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

Financial review

Our receipt income from all sources for the year was £175,932. However, our budget, agreed by the Board of Trustees in January, made provision for a drawdown from our investments of £40,000 to cover increased staffing costs in the short term, thus making for operational receipts of £215,932. Our expenditure for the year totalled £217,481, resulting in a small deficit over the year of £1,549. The increase in expenditure compared to 2023 (£146,200) is almost entirely due to our increased staff complement during the year.

We achieved a healthy income from grants (£118,669), considerably higher than in 2023 (£49,100) and indeed higher than our budgeted target of £100,000. However, our income from therapy fees and all other sources (totalling £57,263) was somewhat lower than projected for the year. Nevertheless, much work has been done during the year in building opportunities for fee-based services and we anticipate this will reap benefits in 2025.

Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees

Signature: Joanna Danischewsky

Name: Joanna Danischewsky

Position: Acting Chair

Date: 10 July 2025

NORTH YORKSHIRE MUSIC THERAPY CENTRE
Registered Charity No 702533

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH YORKSHIRE MUSIC THERAPY CENTRE

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,
3 Orchard Court,
Northallerton,
North Yorkshire
DL7 8DQ

1st April 2025

5. North Yorkshire Music Therapy Centre: Accounts for 2024
Charity registration number 702533

Receipts and payments for the year ended 31 December 2024

		2024			2023
		Unrestr	Restricted	Total	Total
Receipts	Donations ¹	£9,065	£0	£9,065	£9,618
	Bequests for investment	£0	£0	£0	£0
	Charitable activities ²	£110,137	£50,626	£160,763	£84,383
	Trading activities ³	£1	£0	£1	£249
	Investment income	£6,103	£0	£6,103	£8,301
	Subtotal	£125,306	£50,626	£175,932	£102,552
Sale of assets and investments					
	Sale of investment assets	£106,494	£0	£106,494	£20,000
Total receipts		£231,800	£50,626	£282,426	£122,552
Payments	Expenses ⁴	£168,998	£47,954	£216,952	£143,782
	Purchase of fixed assets	£299	£230	£529	£2,418
	Subtotal	£169,297	£48,184	£217,481	£146,200
	Purchase of investments	£66,494	£0	£66,494	£0
Total payments		£235,791	£48,184	£283,975	£146,200
Surplus (deficit) for the year		(£3,991)	£2,442	(£1,549)	(£23,649)
Cash balances					
	Cash funds at start of year	£6,390	£6,467	£12,856	£36,505
	Cash funds at end of year	£2,398	£8,909	£11,308	£12,586

Note on sale and purchase of investments: during 2024 we changed investment management arrangements, necessitating the transfer of investment funds in and out of our bank account, reflected in the figures above.

¹ to ⁴: See Notes on Financial Statements

Statement of assets & liabilities for year ended 31 December 2024

	2024			2023
	Unrestr	Restricted	Total	Total
Cash funds				
Current bank account	£1,531	£8,909	£10,440	£11,916
Specific events bank account	£808	£0	£808	£328
Petty cash	£60	£0	£60	£612
Total cash funds	£2,399	£8,909	£11,308	£12,856
Debtors				
Therapy fees owed	~	~	£1,230	£100
Liabilities (invoiced in 2024)	~	~	£105	£0
Assets retained for Charity's use				
Office equipment & instruments	~	~	£4,625	£6,346
Investment assets				
Fox memorial fund	£0	£108,623	£108,623	£104,000
Fred & Freda Hoyle fund	£0	£16,268	£16,268	£56,277
Total investments	£0	£124,891	£124,891	£160,277

The investment portfolios originate from donations for investment purposes. The Fox Memorial Investment Fund was set up in 2007, and the Fred & Freda Hoyle fund in 2021. The asset figure given for the Fox Memorial Fund is an estimate. We are currently simplifying our holdings, reducing the number of investment managers from 6 at the start of the year to 3 at the end of the year. Early in 2025, this will reduce to a single investment manager (CCLA) holding all our investments. In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment funds are deemed to be "designated funds" to provide investment income, with capital to be drawn upon only for specific defined purposes.

Notes on the financial statements

	2024			2023
	Unrestr	Restricted	Total	Total
1. Donations				
Individual donations	£1,132	£0	£1,132	£1,523
Friends of the Charity	£2,365	£0	£2,365	£3,034
Fundraising & Events	£3,045	£0	£3,045	£5,061
Bequests	£2,523	£0	£2,523	£0
Total donations	£9,065	£0	£9,065	£9,618
2. Charitable activities				
Grants	£68,043	£50,626	£118,669	£49,100
Therapy fees	£42,094	£0	£42,094	£35,283
Total charitable income	£110,137	£50,626	£160,763	£84,383

3. Trading activities

Charity presentations	£0	£0	£0	£55
Sale of goods	£1	£0	£1	£194
Total trading income	£1	£0	£1	£249

4. Expense payments

Employee salaries	£75,592	£44,125	£119,717	£80,504
Freelance fees	£4,800	£2,802	£7,602	£4,153
PAYE/NI	£39,680	£0	£39,680	£16,804
Pension	£9,635	£0	£9,635	£5,559
Volunteer expenses	£0	£0	£0	£117
Trading & event costs	£736	£0	£736	£1,194
Rent	£17,640	£0	£17,640	£17,220
Services	£2,638	£0	£2,638	£2,410
Repairs & maintenance	£70	£0	£70	£729
Insurance	£1,772	£0	£1,772	£1,723
Travel & expense costs	£6,850	£0	£6,850	£3,222
Subscriptions & prof fees	£56	£0	£56	£90
Courses & supervision fees	£3,390	£0	£3,390	£2,345
Phone & internet	£888	£0	£888	£1,978
Printing & postage	£1,313	£0	£1,313	£2,088
Payroll service	£644	£0	£644	£659
Independent examiner fees	£267	£0	£267	£267
Other prof & legal fees	£211	£0	£211	£389
Other project costs	£1,485	£1,027	£2,512	£1,448
Bank charges	£253	£0	£253	£233
Miscellaneous	£1,079	£0	£1,079	£652
Total expenses	£168,998	£47,954	£216,952	£143,782

Grant and trust funding (received in 2024)

We are grateful to the following bodies for their support

Network for Social Change Charitable Trust
Garfield Weston Foundation
Coop Local Community Fund
Ryevitalise Landscape Partnership
Power of Music Fund
Hillards Charitable Trust
The Baily Thomas Charitable Fund
The Charles & Elsie Sykes Trust
The Whitwam Family Charitable Foundation
National Lottery Community Fund
The Liz & Terry Bramall Foundation
The Kirkby Foundation
Postcode Neighbourhood Trust
John Feldberg Foundation

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales - Charity number 702533

Accounts



North Yorkshire
Music Therapy Centre

Registered Charity

REPORT AND ACCOUNTS

Year ended 31 December 2023

REPORT OF THE TRUSTEES

Charity name: North Yorkshire Music Therapy Centre

Registered Number: 702533

Address: The Byre, Wath Court,
Hovingham,
North Yorkshire YO62 4NN

The Charity's trustees

Sir Frederic Strickland-Constable (President); Caroline Hall (Chair until 11 July; resigned as Trustee 30 October); Jo Danischewsky (Acting Chair from 11 July); Alec Dickson (Secretary); Nicholas Hammond (Treasurer); Bernadette Cullen (from 11 July); Keith Dunsdon (to 17 September); Christine Hines; Sue Hoggett

Banker

Virgin Money
46 Coney Street
York YO1 9NQ

Independent examiner

Ian Smithson
3 Orchard Court, Northallerton
North Yorkshire DL7 8DQ

Employees

Director of Music Therapy	Laura Festa
Music Therapists	Jane Troughton (until 27 January) Emma Butler (until 23 June) Stephen Poon (from 1 September)
Community Musician	Thomas Merson (from 1 September)
Office Administrator	Michelle Cookson

Structure, governance, and management

Governing document

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

Trustees' role and selection

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at quarterly Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

Operational management of the charity

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists and musicians (both employed and freelance) and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

Financial risk assessment

1. Our existing commitments for salaries and associated costs are not fully covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to charitable trusts and other granting bodies, and to supporting a variety of fund-raising activities.
2. The long-term ill-health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied workload and is provided with regular clinical supervision.
3. The investments of the charity are managed by Mark Calvert and Nicholas Wheatley of HKA (FS) Ltd, York and latterly of Succession Wealth, York, who act on behalf of the charity's Trustees to ensure proper management of the funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

Main activities

Provision

Throughout 2023, the charity provided inclusive music and music therapy sessions in both clinical and community settings. These sessions were conducted by the Director of Music Therapy, two employed music therapists, and a freelance community musician.

For our clinical work, we collaborated with two SEN schools in Scarborough (pictured on right), one in York (pictured below left), the Croft Community Camphill Village Trust in Old Malton, S.E.N.S.E.S (Special Education Needs Social Emotional Support) in Scarborough (pictured below right), and a number of private clients. We provided clinical support for up to 100 individuals, aged 4 to 60 years, with additional needs.



In collaboration with local organisations and charities, our community inclusive groups have been ongoing throughout the year. These include a dementia-friendly singing group (below); an inclusive sing and sign group for families; a singing group focused on



mental health (top left, next page); an inclusive parents, carers, and toddlers group; and an inclusive programme for children with additional needs during the summer break (top right, next page).



We have also started new community music therapy projects as part of our development as providers in the Social Prescribing Scheme. We set up a Music Therapy Hub in Kirkbymoorside to support adults' mental health and, in collaboration with Scarborough Ryedale Mind and, as part of the Mental Health Transformation Scheme, we set up a music therapy program in Scarborough for adults with eating disorders.

In 2023, we successfully delivered a total of 824 sessions, including 445 individual sessions and 377 group sessions. We reached up to 200 participants across the region, ranging in age from 0 to 90 years old.

Promotion and Development

The charity's work consists of the provision of music therapy in clinical and community settings and the promotion of the relevance of music therapy to health and wellbeing.

The Director has delivered a range of talks and workshops for local referring groups and community organisations that have shown interest. We also dedicate significant efforts to promote music therapy as a viable career path for music students. Our Director was invited to give lectures at a number of local universities, enlightening students about the rewarding opportunities in this field. Furthermore, the Charity has established valuable partnerships by offering placements for students and providing training for postgraduates enrolled in the Community Music MA course at the University of York.

Through these initiatives, we aim to spread awareness about the powerful impacts of music therapy and create pathways for individuals to explore and engage with this transformative approach.

Support for NYMTC

1. *Financial support.* We are grateful to the following bodies supporting our work in 2023:

- D'Oyly Carte Charitable Trust
- Jack Brunton Trust
- Jessie's Fund
- Making a Difference Locally (NISA)
- NYC Community Mental Health (Bright Sparks)
- NYC Early Help Fund
- NYC Stronger Communities Fund
- Postcode Neighbourhood Trust
- Ryedale Community Fund
- Shepherds Group Community Support Fund
- St James's Place Charitable Foundation
- Tesco Community Fund
- The Brelms Trust
- The Edward Gostling Foundation
- The Garfield Weston Foundation
- Two Ridings Community Foundation
- W W Spooner Charitable Trust

2. *Community Support.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

Financial review

Following our healthy financial surplus in 2022 (£22,711), the Board made the decision to increase our staffing for the last four months of 2023, aware that this might require a call on our investment funds over the short term but with the likelihood of increased income longer term. The change in staffing is reflected in the increased expenditure over the year (£146,200, compared with £117,875 in 2022). Whilst our income from donations and therapy fees did increase, we were less successful with grant funding (£49,100 compared to £88,474 in 2022), in part due to the reduction in local funding opportunities following the abolition of Ryedale District Council from April 2023 and its transfer to the North Yorkshire Unitary Authority. In result, our overall deficit was £23,649 despite a transfer of £20,000 from our investments. We have revised our funding strategy for 2024.

Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees

Signature:

A handwritten signature in black ink, appearing to read 'Joanna Danischewsky', with a horizontal line underneath the end of the name.

Name: Joanna Danischewsky

Position: Acting Chair

Date: 14 June 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH YORKSHIRE MUSIC THERAPY CENTRE

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2023.

Responsibilities and basis of report

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

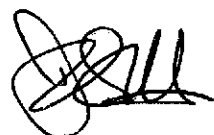
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,
3 Orchard Court,
Northallerton,
North Yorkshire
DL7 8DQ

23rd May 2024

Receipts and payments for the year ended 31 December 2023

	2023			2022
	Unrestr	Restricted	Total	Total
Receipts				
Donations ¹	£9,618	£0	£9,618	£8,494
Bequests for investment	£0	£0	£0	£0
Charitable activities ²	£56,783	£27,600	£84,383	£119,994
Trading activities ³	£249	£0	£249	£194
Investment income ⁴	£8,301	£0	£8,301	£5,904
Subtotal	£74,952	£27,600	£102,552	£134,586
Sale of assets and investments				
Sale of investment assets	£20,000	£0	£20,000	£6,000
Total receipts	£94,952	£27,600	£122,552	£140,586
Payments				
Expenses ⁵	£118,276	£25,506	£143,782	£115,787
Purchase of fixed assets	£2,418	£0	£2,418	£2,088
Purchase of investments	£0	£0	£0	£0
Total payments	£120,694	£25,506	£146,200	£117,875
Surplus (deficit) for the year	(£25,743)	£2,094	(£23,649)	£22,711
Cash balances				
Cash funds at start of year	£30,039	£6,467	£36,505	£13,795
Cash funds at end of year	£4,296	£8,561	£12,856	£36,505

¹ to ⁵: See Notes on Financial Statements

Statement of assets & liabilities for year ended 31 December 2023

	2023			2022
	Unrestr	Restricted	Total	Total
Cash funds				
Current bank account	£3,355	£8,561	£11,916	£35,762
Specific events bank account	£328	£0	£328	£373
Petty cash	£612	£0	£612	£370
Total cash funds	£4,296	£8,561	£12,856	£36,505
Debtors				
Therapy fees owed	~	~	£100	£4,069
Liabilities (invoiced in 2023)	~	~	£0	£0
Assets retained for Charity's use				
Office equipment & instruments	~	~	£6,346	£6,635
Investment assets				
Fox memorial fund	£0	£104,000	£104,000	£103,948
Fred & Freda Hoyle fund	£0	£56,277	£56,277	£75,504
Total investments	£0	£160,277	£160,277	£179,452

The investment portfolios originate from donations for investment purposes. The Fox Memorial Investment Fund was set up in 2007, and the Fred & Freda Hoyle fund in 2021. The asset figure given for the Fox Memorial Fund is an estimate.

In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment portfolios are deemed to be "designated funds" to provide investment income. The capital can only be drawn upon for highly limited and defined purposes.

Notes on the financial statements

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	2023			2022
	Unrestr	Restricted	Total	Total
1. Donations				
Individual donations	£1,523	£0	£1,523	£3,361
Friends of the Charity	£3,034	£0	£3,034	£3,255
Fundraising	£5,061	£0	£5,061	£1,878
Bequests	£0	£0	£0	£0
Totat donations	£9,618	£0	£9,618	£8,494
2. Charitable activities				
Grants	£21,500	£27,600	£49,100	£88,474
Therapy fees	£35,283	£0	£35,283	£31,520
Totat charitable income	£56,783	£27,600	£84,383	£119,994
3. Trading activities				
Charity presentations	£55	£0	£55	£0
Sale of goods & event fees	£194	£0	£194	£194
Totat trading income	£249	£0	£249	£194
4. Investment income				
	£8,301	£0	£8,301	£5,904
5. Expense payments				
Employee salaries	£56,249	£24,255	£80,504	£60,082
Freelance fees	£2,902	£1,251	£4,153	£21,700
PAYE/NI	£16,804	£0	£16,804	£994
Pension	£5,559	£0	£5,559	£3,274
Volunteer expenses	£117	£0	£117	£0
Trading event costs	£1,194	£0	£1,194	£56
Rent	£17,220	£0	£17,220	£16,600
Services	£2,410	£0	£2,410	£2,038
Repairs & maintenance	£729	£0	£729	£202
Insurance	£1,723	£0	£1,723	£1,302
Travel costs	£3,222	£0	£3,222	£3,911
Subscriptions & prof fees	£90	£0	£90	£42
Courses & supervision fees	£2,345	£0	£2,345	£1,401
Phone & internet	£1,978	£0	£1,978	£1,132
Printing, adverts, postage	£2,088	£0	£2,088	£263
Payroll service	£659	£0	£659	£533
Independent examiner fees	£267	£0	£267	£237
Other prof & legal fees	£389	£0	£389	£0
Other project costs	£1,448	£0	£1,448	£1,275
Bank charges	£233	£0	£233	£104
Miscellaneous	£652	£0	£652	£640
Total expenses	£118,276	£25,506	£143,782	£115,787

Grant and trust funding (received in 2023)

We are grateful to the following bodies for their support

Contributing to specified projects

NYC Stronger Communities Fund
Two Ridings Community Foundation
Making a Difference Locally (NISA)
Tesco Community Fund
Jack Brunton Trust
NYC Community Mental Health (Bright Sparks)
Ryedale Community Fund
St James's Place Charitable Foundation
D'Oyly Carte Charitable Trust
Jessie's Fund
The Brelms Trust
NYC Early Help Fund

Contributing to salaries or core funding

The Edward Gostling Foundation
The Garfield Weston Foundation
W W Spooner Charitable Trust
Postcode Neighbourhood Trust
Shepherds Group Community Support Fund

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales - Charity number 702533

Accounts



North Yorkshire
Music Therapy Centre

Registered Charity

REPORT AND ACCOUNTS

Year ended 31 December 2022

REPORT OF THE TRUSTEES

Charity name: North Yorkshire Music Therapy Centre

Registered Number: 702533

Address: The Byre, Wath Court,
Hovingham,
North Yorkshire YO62 4NN

The Charity's trustees

Sir Frederic Strickland-Constable (President); Caroline Hall (Chair);
Margaret McKinder (Secretary to 12 Oct); Alec Dickson (Secretary from 13 Oct);
Nicholas Hammond (Treasurer); Geoff Bishop (until 20 Jul); Jo Danischewsky;
Keith Dunsdon; Christine Hines; Sue Hoggett

Independent financial advisor

Mark Calvert
HKA (FS) Ltd, Tower House Business Centre
Office 10A - 1st Floor, Fishergate
York YO10 4UA

Banker

Yorkshire Bank
46 Coney Street
York YO1 9NQ

Independent examiner

Ian Smithson
3 Orchard Court, Northallerton
North Yorkshire DL7 8DQ

Employees

Director of Music Therapy	Laura Festa
Music Therapists	Jane Troughton, Emma Butler
Office Administrator	Michelle Cookson

Structure, Governance, and Management

Governing document

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

Trustees' role and selection

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at quarterly Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

Operational management of the charity

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists (both employed and freelance) and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

Financial risk assessment

1. Our existing commitments for salaries and associated costs are not covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to charitable trusts and other granting bodies, and to supporting a variety of fund-raising activities.
2. The long-term ill-health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied work load and is provided with regular clinical supervision.
3. The investments of the charity are managed by Mark Calvert of HKA (FS) Ltd, York who acts on behalf of the charity's Trustees to ensure proper management of the funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

Main activities

Provision

Throughout the year, the Charity provided inclusive music and music therapy sessions in both clinical and community settings, conducted by the Director of Music Therapy, two employed music therapists, a freelance music therapist, and a freelance community musician.

For our clinical work, we worked with SEN schools in Scarborough, at the Croft Community, Camphill Village Trust in Old Malton, in care homes and in a variety of other settings in North Yorkshire (including with IDAS, working with women affected by domestic abuse) as well as with private clients at our Centre. We conducted a pilot project at Springhead School in Scarborough, where we provided six training sessions to staff, sharing music therapy strategies to be utilised within their school settings (picture above). The feedback has been positive, with staff reporting a better understanding of music therapy and its techniques.



To further foster inclusivity in the community, we have initiated several singing groups at our Centre in conjunction with local charities and organisations. These include a sing-and-sign group in Scarborough (pictured left); an inclusive parents, carers and toddlers group in York; a dementia-friendly singing group (pictured below); a singing group focused on mental health; and a mothers' singing group.

While we would not classify these community-based interventions as purely therapeutic, we actively collect qualitative and quantitative data to evaluate their impact on the community.



In 2022, we successfully delivered a total of 745 individual sessions and 525 group sessions, highlighting the significant reach of our developments.

Promotion and Development

The charity's work consists of the provision of music therapy in clinical and community settings and the promotion of the relevance of music therapy to health and wellbeing.

The Director has delivered a range of talks and workshops for local referring groups and community organizations that have shown interest. We also dedicate significant efforts to promote music therapy as a viable career path for music students. Our Director was invited to give lectures at a number of local universities, enlightening students about the rewarding opportunities in this field. Furthermore, the Charity has established valuable partnerships by offering placements for students and providing training for postgraduates enrolled in the Community Music MA course at the University of York.

Through these initiatives, we aim to spread awareness about the powerful impacts of music therapy and create pathways for individuals to explore and engage with this transformative approach.

Other points of note

1. *Financial support.* We are grateful to the following bodies supporting our work in 2022:

Carers Plus Yorkshire	The Brelms Trust
Jessie's Fund	The Clothworkers' Foundation
National Lottery Community Fund	The Edward Gostling Foundation
NYCC Stronger Communities Fund	The Garfield Weston Foundation
Pickering Town Council	The George A Moore Foundation
Postcode Neighbourhood Trust	Two Ridings Community Foundation
Ryedale Community Grant	W W Spooner Charitable Trust
St James's Place Charitable Foundation	York Children's Trust
Tesco Community Fund	

2. *Community Support for NYMTC.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

Financial review

With the reduction of Covid-related restrictions from the start of 2022, we were able to increase significantly our income both from grants (£88,474 vs £46,715 in 2021) and from therapy fees (£31,520 vs £21,190). Our stronger income streams enabled the Trustees to recommend the appointment a full-time Music Therapist in September. Despite the fact

that our outgoings were also higher than in previous years, we achieved a healthy surplus of £22,711 for 2022.

The income we receive from grants is generally categorised as “restricted” rather than “unrestricted”, and so our strong increase in grant funding resulted in a higher final balance for restricted as opposed to unrestricted funds. Whilst this may appear problematic, it is the case that across the range of grants received, the full range of our outgoings, including core costs and salaries, is largely covered. This enables us, as a Charity, to offer more subsidised rates for our therapeutic services and many of our community activities.

Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees

Signature:

A handwritten signature in cursive script that reads "Caroline Hall".

Full name: Dr Caroline Lucy Mary Hall
Position: Chair

Date: 11th July 2023

NORTH YORKSHIRE MUSIC THERAPY CENTRE
Registered Charity No 702533

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH YORKSHIRE MUSIC THERAPY CENTRE

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,
3 Orchard Court,
Northallerton,
North Yorkshire
DL7 8DQ

24th June 2023

Receipts and payments for the year ended 31 December 2022

		2022			2021
		Unrestr	Restricted	Total	Total
Receipts	Donations ¹	£8,494	£0	£8,494	£6,286
	Bequests for investment	£0	£0	£0	£100,000
	Charitable activities ²	£67,020	£52,974	£119,994	£71,963
	Trading activities ³	£0	£194	£194	£1,170
	Investment income ⁴	£5,904	£0	£5,904	£4,002
	Subtotal	£81,418	£53,168	£134,586	£183,421
Sale of assets and investments					
	Sale of investment assets	£0	£6,000	£6,000	£0
Total receipts		£81,418	£59,168	£140,586	£183,421
Payments	Expenses ⁵	£83,277	£32,510	£115,787	£95,876
	Purchase of fixed assets	£44	£2,044	£2,088	(£179)
	Purchase of investments	£0	£0	£0	£90,000
Total payments		£83,321	£34,554	£117,875	£185,697
Surplus (deficit) for the year		(£1,903)	£24,614	£22,711	(£2,276)
Cash balances					
	Cash funds at start of year	£3,441	£10,354	£13,795	£16,071
	Cash funds at end of year	£1,538	£34,968	£36,505	£13,795

¹ to ⁵: See Notes on Financial Statements

Statement of assets & liabilities for the year ended 31 December 2022

	2022			2021
	Unrestr	Restricted	Total	Total
Cash funds				
Current bank account	£794	£34,968	£35,762	£12,377
Specific events bank account	£373	£0	£373	£1,253
Petty cash	£370	£0	£370	£165
Total cash funds	£1,537	£34,968	£36,505	£13,795
Debtors				
Therapy fees owed	~	~	£4,069	£248
Liabilities (invoiced in 2022)	~	~	£0	£0
Assets retained for Charity's use				
Office equipment & instruments	~	~	£6,635	£6,626
Investment assets				
Fox memorial fund	£0	£103,948	£103,948	£112,723
Fred & Freda Hoyle fund ⁶	£0	£75,504	£75,504	£89,881
Total investments	£0	£179,452	£179,452	£202,604

The investment portfolios originate from donations for investment purposes. The Fox Memorial Investment Fund was set up in 2007, and the Fred & Freda Hoyle fund in 2021.

In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment portfolios are deemed to be "designated funds" to provide investment income. The capital can only be drawn upon for highly limited and defined purposes.

Notes on the financial statements

	2022			2021
	Unrestr	Restricted	Total	Total
1. Donations				
Individual donations	£3,361	£0	£3,361	£2,389
Friends of the Charity	£3,255	£0	£3,255	£3,469
Fundraising	£1,878	£0	£1,878	£428
Bequests	£0	£0	£0	£100,000
Total donations	£8,494	£0	£8,494	£106,286
2. Charitable activities				
Grants	£35,500	£52,974	£88,474	£46,715
Therapy fees	£31,520	£0	£31,520	£21,190
Furlough (JRS)	£0	£0	£0	£4,057
Total charitable income	£67,020	£52,974	£119,994	£71,962
3. Trading activities				
Charity presentations	£0	£0	£0	£50
Sale of goods & event fees	£0	£194	£194	£1,120
Total trading income	£0	£194	£194	£1,170
4. Investment income	£5,904	£0	£5,904	£4,002
5. Expense payments				
Employee salaries	£37,656	£22,426	£60,082	£39,080
Freelance fees	£13,600	£8,100	£21,700	£15,832
PAYE/NI	£994	£0	£994	£8,587
Pension	£3,274	£0	£3,274	£2,678
Volunteer expenses	£0	£0	£0	£0
Trading event costs	£56	£0	£56	£182
Rent	£16,600	£0	£16,600	£15,210
Services	£2,038	£0	£2,038	£1,912
Repairs & maintenance	£202	£0	£202	£585
Insurance	£1,302	£0	£1,302	£1,214
Travel costs	£3,911	£0	£3,911	£1,349
Subscriptions & prof fees	£42	£0	£42	£0
Courses & supervision fees	£120	£1,281	£1,401	£3,130
Phone & internet	£429	£702	£1,132	£873
Printing, adverts, postage	£263	£0	£263	£724
Payroll service	£533	£0	£533	£547
Independent examiner fees	£237	£0	£237	£237
Other prof & legal fees	£0	£0	£0	£1,482
Other project costs	£1,275	£0	£1,275	~
Bak charges	£104	£0	£104	£0
Miscellaneous	£640	£0	£640	£2,254
Total expenses	£83,277	£32,510	£115,787	£95,876

North Yorkshire Music Therapy Centre: Accounts for 2022
Charity registration number 702533

6. Fred & Freda Hoyle fund (investment)

The majority of the Fred & Freda Hoyle Fund is held in our investment portfolio and generates investment income. A smaller amount is held in our bank account to be called upon for specific purposes as specified in the Fund Agreement and agreed by Trustees

Balance in investment portfolio	£0	£75,504	£75,504	£89,881
Balance held in bank account	£0	£12,669	£12,669	£7,945
Total fund	£0	£88,173	£88,173	£97,826

Grant and trust funding (received in 2022)

We are grateful to the following bodies for their support

(1) Contributing to "Music, My Voice" (MMV) fund

St James's Place Charitable Foundation
The George A Moore Foundation

(2) Contributing to specified projects

NYCC Stronger Communities Fund
Two Ridings Community Foundation
York Children's Trust
Pickering Town Council
Carers Plus Yorkshire
Tesco Community Fund
Ryedale Community Grant
National Lottery Community Fund
The Brelms Trust
Jessie's Fund

(3) Contributing to equipment or musical instruments

The Clothworkers' Foundation

(4) Contributing to salaries or core funding

The Edward Gostling Foundation
The Garfield Weston Foundation
W W Spooner Charitable Trust
Postcode Neighbourhood Trust

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales - Charity number 702533

Accounts



North Yorkshire
Music Therapy Centre

Registered Charity

REPORT AND ACCOUNTS

Year ended 31 December 2021

REPORT OF THE TRUSTEES

Charity name: North Yorkshire Music Therapy Centre

Registered Number: 702533

Address: The Byre
Wath Court
Hovingham
North Yorkshire YO62 4NN

The Charity's trustees

Sir Frederic Strickland-Constable	President
Caroline Hall	Chair
Margaret Mackinder	Secretary
Nicholas Hammond	Treasurer
Jo Danischewsky	
Sue Hoggett	
Geoff Bishop	

Independent financial advisor

Mark Calvert
HKA (FS) Ltd
Tower House Business Centre
Office 10A - 1st Floor
Fishergate
York YO10 4UA

Banker

Yorkshire Bank
46 Coney Street
York
YO1 9NQ

Independent examiner

Ian Smithson
3 Orchard Court
Northallerton
North Yorkshire DL7 8DQ

Employees

Director of Music Therapy	Laura Festa
Music Therapist	Jane Troughton
Office Administrator	Michelle Cookson

Structure, Governance, and Management

Governing document

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

Trustees' role and selection

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at quarterly Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

Operational management of the charity

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists (both employed and freelance) and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

Financial risk assessment

1. Our existing commitments for salaries and associated costs are not covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to charitable trusts and other granting bodies, and to supporting a variety of fund-raising activities.
2. The long-term ill-health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied work load and is provided with regular clinical supervision.
3. The investments of the charity are managed by Mark Calvert of HKA (FS) Ltd, York who acts on behalf of the charity's Trustees to ensure proper management of the funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

Main activities

The charity's work primarily consists of the provision of music therapy in clinical and community settings, and the promotion of the relevance of that therapy to health and wellbeing.

Provision

During the year, and when pandemic restrictions allowed, the Director of Music Therapy and (from September) the Music Therapist, both professionally HPC-registered, provided music therapy sessions to a variety of client groups and individuals. The Director also engaged freelance therapists to ensure that people receive music therapy if requested. Much of the clinical therapy is delivered at three special schools in North Yorkshire, where the effects are monitored closely and reported to parents and staff at the schools. The children receiving benefit live with a range of multiple or severe disabilities or developmental delay. Although the pandemic severely restricted our face-to-face activities, we completed a total of 306 individual therapy sessions and 326 group therapy sessions in 2021, many of which were conducted over the internet.

Therapy has also been given to adults in their homes, and in residential care home settings. As well as delivering face-to-face sessions, we have provided therapy over the internet, which in many cases has proved to be highly effective. The Director has further developed resources and materials for use by teachers, carers, and parents in their own settings, and has provided significant training for staff and musicians working in special schools and for carers of mental health clients.

We have initiated a range of community-based initiatives. These include the *Sing and Sign Maestros*, an inclusive choir for young people with and without disabilities, established in collaboration with the York Down Syndrome Support Group, and with financial support from the D'Oyly Carte Charitable Trust. Other community activities in neighbouring towns include music groups for families with children with and without disabilities, groups for parents and babies, toddlers and pre-schoolers, and a mother and baby choir.

Promotion

Information is made available to families, individuals and referring agencies about the benefits of music therapy and how it can be accessed through the charity. The Director has given talks and organised workshops for local referring groups and interested community groups, and participates in a network of professional arts therapists in the region.

Another significant area of work is in promoting music therapy as a career for music students: the Director has given lectures at local universities, and the Charity has provided placements for students and training for postgraduates enrolled on the Community Music MA course at the university of York.

We continue to work with Professor Helen Odell-Miller who is Head of the Cambridge Institute for Music Therapy Research and a patron of the charity. This contact provides us with first-hand information on current thinking and potential developments in the field of music therapy.

Other points of note

1. *Impact of Covid-19.* The continuing pandemic restrictions during 2021 restricted opportunities during the year both to conduct face-to-face therapy and to run group sessions or events in our premises. The Director was on furlough during the lockdown periods. Our income from therapy fees was therefore somewhat reduced.

2. *Financial support.* We are grateful to the following bodies supporting our work in 2021:

Baily Thomas Charitable Fund	Boshier-Hinton Foundation
CAVCA Grow & Learn Fund	Charles and Elsie Sykes Trust
Co-op Local Community Fund	D'Oyle Carte Charitable Trust
Jack Brunton Charitable Trust	Jessie's Fund
Liz and Terry Bramall Foundation	Mark Master Masons (N & E Yorkshire)
National Lottery Community Fund	NYCC Stronger Communities Fund
Sir George Martin Trust	St James's Place Charitable Foundation
Sylvia & Colin Shepherd Trust	The Brelms Trust
The Foyle Foundation	Two Ridings Community Foundation
W W Spooner Charitable Trust	

3. *Community Support for NYMTC.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

4. *Investment portfolio.* During the year we received a most generous legacy of £100,000 from the estate of Fred Ian Hoyle. With the agreement of the executors, the Trustees set up an investment fund with defined Terms of Use. The investment is deemed to be a designated fund to provide regular investment income for the Charity, and can only be drawn upon in highly limited and defined purposes as set out in the Terms of Use. We are very grateful to the estate of Fred Hoyle for the donation.

Financial review

Despite Covid-related restrictions during the year, we significantly increased our income both from grants (£46,715 vs £33,626 in 2020) and from therapy fees (£21,061 vs £11,248). Covid-related financial losses were partially offset through placing the Director on furlough

for periods when therapy could not be delivered. Our stronger income streams enabled the Trustees to appoint a half-time Music Therapist in September and to increase the hours of our Administrator. We were also fortunate in receiving a bequest of £100,000, £90,000 of which has been transferred to our investment portfolio. This will result in increased investment income in future years. With the agreement of the donor and the Trustees, the remaining £10,000 is held in our bank account for expenditure on staff training and other costs agreed under the terms of the bequest. As a result, our finances broke even over the year (a surplus of £952, taking into account the monies held by HMRC against future payments in 2022).

Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees

Signature:

A handwritten signature in cursive script that reads "Caroline Hall".

Full name: Dr Caroline Lucy Mary Hall

Position: Chair

Date: 22 July 2022

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
NORTH YORKSHIRE MUSIC THERAPY CENTRE**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,
3 Orchard Court,
Northallerton,
North Yorkshire
DL7 8DQ

9th June 2022

Receipts and payments for the year ended 31 December 2021

		2021			2020
		Unrestr	Restricted	Total	Total
Receipts	Donations ¹	£3,897	£2,389	£6,286	£6,563
	Bequests for investment ⁴	£0	£100,000	£100,000	£0
	Charitable activities ²	£44,462	£27,501	£71,963	£59,597
	Trading activities ³	£1,170	£0	£1,170	£932
	Investment income ⁴	£4,002	£0	£4,002	£4,105
	Subtotal	£53,531	£129,890	£183,421	£71,197
Sale of assets and investments					
	Sale of investment assets	£0	£0	£0	£20,000
Total receipts		£53,531	£129,890	£183,421	£91,197
Payments	Expenses ⁵	£55,554	£40,322	£95,876	£78,400
	Purchase of fixed assets	£438	(£618)	(£179)	£4,901
	Purchase of investments ⁴	£0	£90,000	£90,000	£0
Total payments		£55,992	£129,705	£185,697	£83,301
Surplus (deficit) for the year		(£2,461)	£185	(£2,276)	£7,896
Cash balances					
	Cash funds at start of year	(£2,597)	£18,668	£16,071	£8,176
	Cash funds at end of year	(£5,058)	£18,853	£13,795	£16,071

Note: on 31 Dec 2021, HMRC held an additional sum of £3,228 (unrestricted) relating to repayment of Statutory Maternity Pay.

¹ to ⁵: See Notes on Financial Statements

Statement of assets and liabilities for the year ended 31 December 2021

		2021			2020
		Unrestr	Restricted	Total	Total
Cash	Current bank account	(£6,476)	£18,853	£12,377	£15,150
	Specific events bank account	£1,253	£0	£1,253	£833
	Petty cash	£165	£0	£165	£88
	Total cash funds	(£5,058)	£18,853	£13,795	£16,071
Debtors	Therapy fees owed	~	~	£248	£966
Assets retained for Charity's use					
	Office equipment & instruments	~	~	£6,626	£8,031
Investment assets		~	~	£202,604	£109,314
Liabilities (invoiced in 2021)					
	Services	~	~	£0	£24
	Freelance fees	~	~	£0	£300
	Total liabilities			£0	£324

Notes on the financial statements

	2021			2020
	Unrestr	Restricted	Total	Total
1. Donations				
Individual donations	£0	£2,389	£2,389	£2,029
Friends of the Charity	£3,469	£0	£3,469	£4,436
Fundraising	£428	£0	£428	~
Bequests	£0	£100,000	£100,000	£98
Total donations	£3,897	£102,389	£106,286	£6,563
2. Charitable activities				
Grants	£19,214	£27,501	£46,715	£33,626
Therapy fees	£21,061	£0	£21,061	£11,248
Reimbursement of travel	£129	£0	£129	£103
Furlough (JRS)	£4,057	£0	£4,057	£14,620
Total charitable income	£44,462	£27,501	£71,963	£59,597
3. Trading activities				
Charity presentations	£50	£0	£50	£294
Sale of goods	£1,120	£0	£1,120	£638
Total trading income	£1,170	£0	£1,170	£932
4. Listed investments				
Investment income	£4,002	£0	£4,002	£4,105
Value of investments				
<i>Fox memorial fund</i>	£0	£112,723	£112,723	
<i>Hoyle memorial fund</i>	£0	£89,881	£89,881	

The two investment portfolios originate from donations for investment purposes. The Fox Memorial Investment Fund was set up in 2007. The Hoyle Investment Fund was set up in 2021. The bequest (£100,000) was initially paid into our account; £90,000 was transferred to investments, with the remaining £10,000 retained in our bank account against future expenditure (of which £2,050 was approved by the Trustees for expenditure in 2021).

In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment portfolios are deemed to be "designated funds" to provide investment income, and which can only be drawn upon for highly limited and defined purposes.

North Yorkshire Music Therapy Centre
Charity registration number 702533

5. Expense payments

Employee salaries	£13,999	£25,080	£39,080	£31,406
Freelance fees	£3,689	£12,143	£15,832	£5,170
PAYE/NI	£8,587	£0	£8,587	£9,956
Pension	£2,678	£0	£2,678	£2,650
Volunteer expenses	£0	£0	£0	£0
Trading event costs	£182	£0	£182	£90
Rent	£15,210	£0	£15,210	£15,000
Rates (refund)	£0	£0	£0	-£2,353
Services	£1,912	£0	£1,912	£2,250
Repairs & maintenance	£585	£0	£585	£152
Insurance	£1,214	£0	£1,214	£1,158
Travel costs	£1,349	£0	£1,349	£608
Subscriptions & prof fees	£0	£0	£0	£179
Courses & supervision fees	£1,980	£1,150	£3,130	£100
Phone/internet/Web	£499	£375	£873	£1,899
Printing, adverts, postage	£724	£0	£724	£765
Payroll service	£547	£0	£547	£691
Independent examiner fees	£237	£0	£237	£1,236
Other prof & legal fees	£582	£900	£1,482	£4,078
Ex gratia payment (redundancy)	£0	£0	£0	£2,426
Miscellaneous	£1,580	£674	£2,254	£939
Total expenses	£55,554	£40,322	£95,876	£78,400

Restricted funds

	Balance at		Payments	Balance at 31
	1 Jan	Receipts		Dec
Music my voice	£3,888	£16,389	£19,727	£549
Clowes fund	£2,485	£0	£375	£2,110
Byre choir fund	£298	£0	£0	£298
Restricted grant funding	£11,998	£15,890	£19,942	£7,945
Total restricted funds	£18,668	£32,278	£40,043	£10,903

Part of the Fred & Freda Hoyle Fund is held in our bank account, and can be called upon for specific purposes as specified in the Fund Agreement

Balance of Hoyle fund held in bank	£0	£10,000	£2,050	£7,950
Total inc. Hoyle Fund balance	£18,668	£42,278	£42,093	£18,853

Details of restricted funds

- Music my voice: *To subsidise therapy for clients with special needs*
 - Clowes fund: *To support printing and publishing*
 - Byre choir fund: *To support the Charity's choir*
 - Restricted grant funding: *To support a variety of projects*
- Details of trust and grant funding are shown below*

Grant and trust funding

(1) Contributing to MMV fund

Jack Brunton Charitable Trust
Liz and Terry Bramall Foundation
Boshier-Hinton Foundation
Baily Thomas Charitable Fund
Charles and Elsie Sykes Trust

(2) Contributing to projects

NYCC Stronger Communities Fund
Jessie's Fund
D'Oyle Carte Charitable Trust
CAVCA Grow & Learn Fund
St James's Place Charitable Foundation
Sir George Martin Trust
Sylvia & Colin Shepherd Charitable Trust
Two Ridings Community Foundation
The Brelms Trust
Mark Master Masons (N & E Yorkshire)

(3) Contributing to salaries or core funding (unrestricted)

The Foyle Foundation
National Lottery Community Fund
W W Spooner Charitable Trust
Co-op Local Community Fund

NORTH YORKSHIRE MUSIC THERAPY CENTRE

England & Wales - Charity number 702533

Accounts

North Yorkshire Music Therapy Centre
(Registered Charity)

REPORT AND ACCOUNTS

Year ended 31 December 2020

REPORT OF THE TRUSTEES

Charity name: North Yorkshire Music Therapy Centre

Registered Number: 702533

Address: The Byre
Wath Court
Hovingham
North Yorkshire YO60 4NN

The Charity's trustees

Sir Frederic Strickland-Constable	President
Caroline Hall	Chair
Margaret Mackinder	Secretary
Nicholas Hammond	Treasurer
Jo Danischewsky	
Sue Hoggett	
Geoff Bishop	

Independent financial advisor

Mark Calvert
HKA (FS) Ltd
Tower House Business Centre
Office 10A - 1st Floor
Fishergate
York YO10 4UA

Banker

Yorkshire Bank
7 Wheelgate
Malton
North Yorkshire YO17 7HX

Independent examiner

Ian Smithson
3 Orchard Court
Northallerton
North Yorkshire DL7 8DQ

Employees

Director of Music Therapy	Laura Festa
Office Manager	Kerry Metcalfe (until 19 Feb 2020)
Office Administrator	Michelle Cookson (from 14 Sep 2020)

Structure, Governance, and Management

Governing document

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

Trustees' role and selection

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

Operational management of the charity

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

Financial risk assessment

1. Our existing commitments for salaries and associated costs are not covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to Charitable Trusts, Award bodies etc, and to supporting a variety of fund-raising activities.
2. The long-term ill health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied work load and is provided with regular clinical supervision.
3. The investments of the charity will be managed by Mark Calvert of HKA (FS) Ltd, York who will act on behalf of the charity's Trustees to ensure proper management of the funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

Main activities

The charity's work primarily consists of the provision of music therapy in clinical and community settings, and the promotion of the relevance of that therapy to health and wellbeing.

Provision

During the year, and when pandemic restrictions allowed, the Director of Music Therapy, a professional HPC-registered therapist, has provided music therapy sessions to a variety of client groups and individuals; she has also engaged freelance therapists to ensure that people receive music therapy if requested. Much of the clinical therapy is delivered at three special schools in North Yorkshire, where the effects are monitored closely and reported to parents and staff at the schools. The children receiving benefit are autistic or live with a range of multiple or severe disability or developmental delay. Although the pandemic severely restricted our face-to-face activities, we completed a total of 158 individual therapy sessions and 453 group therapy sessions in 2020, many of which were conducted over the internet.

Therapy has also been given to adults in their homes, and in residential care home settings. As well as delivering face-to-face sessions, we have explored the delivery of therapy over the internet, which in many cases has proved to be highly effective. The Director has also developed resources and materials for use by teachers, carers, and parents in their own settings, and has provided significant training for staff and musicians working in special schools and for carers of mental health clients.

Promotion

Information is made available to families, individuals and referring agencies about the benefits of music therapy and how it can be accessed through the charity. The therapist has given talks and organised workshops for local referring groups and interested community groups, and participates in a network of professional arts therapists in the region.

Another significant area of work is in promoting music therapy as a career for music students: the Director has given lectures at Huddersfield and Leeds Universities, and the Charity has provided placements for students and training for postgraduates as Community Musicians, with appropriate supervision. The Director has been appointed to the role of coordinator for the North-East Regional Group of BAMT (the British Association for Music

Therapy). She has qualified as a Neurologic Music Therapist, and the Charity is supporting relevant training for our freelance therapists.

We continue to be in touch with Professor Helen Odell-Miller who is Head of the Cambridge Institute for Music Therapy Research and a patron of the charity; this contact provides us with first-hand information on current thinking and potential developments in the field of music therapy.

Other points of note

1. *Impact of Covid-19.* The pandemic severely restricted opportunities during the year both to conduct face-to-face therapy and to run group sessions or events in our premises. Our income from therapy fees was therefore reduced, and the Director was placed on furlough during the lockdown periods. As mentioned above, we obtained funding to explore and pilot the use of internet-based therapy and to develop resources for use by carers, teachers and parents. These resources are freely available from our website.

2. *Financial support.* We are grateful to the following bodies supporting our work in 2020:

- Co-op Local Community Fund
- Kirkby Foundation
- NYCC Inspire Fund
- NYCC Two Ridings Fund
- W W Spooner Charitable Trust

3. *Community Support for NYMTC.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

Financial review

Our finances (period 1 Jan to 31 Dec 2020) show an overall surplus of receipts over payments of £7,895. The receipts include the planned sale of £20,000 from our investment portfolio early in the year, as authorised by the Trustees. This surplus contrasts with a deficit of £13,992 in 2019.

The restrictions imposed by the pandemic severely restricted opportunities for generating income through therapy fees, both from special schools and from other clients. In addition, opportunities arising from our move to larger premises in 2019, intended to allow us to conduct more community-based activities with associated funding opportunities, could not be realised because of requirements for social distancing. Some of these financial losses were offset through placing the Director on furlough for those periods when therapy could not be delivered, and by receipt of an RHL small business grant from Ryedale County Council. Nevertheless, we considerably increased our income from grants (£33,626 compared with £9,360 in 2019). We also improved our unrestricted fund balance (a surplus

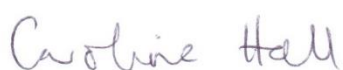
of £3,197 compared with a deficit of £14,181 in 2019), despite the reduced income from therapy fees.

During the year, our finance sub-committee took external advice on fund-raising which proved to be highly effective, not only for this year but also in terms of putting strategies in place for the future.

Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees

Signature: 

Full Name: Dr Caroline Lucy Mary Hall

Position: Chair

Date: 18/06/21

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
OF NORTH YORKSHIRE MUSIC THERAPY CENTRE

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2020.

Responsibilities and basis of report

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

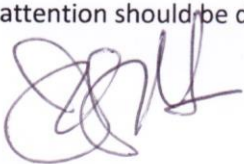
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,
3 Orchard Court,
Northallerton,
North Yorkshire
DL7 8DQ

Date 18/06/2021

Receipts and payments for the year ended 31 December 2020

	2020			2019
	Unrestr	Restricted	Total	Total
Receipts				
Donations ¹	£4,466	£2,097	£6,563	£8,183
Charitable activities ²	£36,471	£23,126	£59,597	£28,764
Trading activities ³	£932	£0	£932	£426
Investment income ⁴	£4,105	£0	£4,105	£6,182
Subtotal	£45,973	£25,223	£71,196	£43,555
Sale of assets and investments				
Sale of investment assets	£20,000	£0	£20,000	£40,000
Total receipts	£65,973	£25,223	£91,196	£83,555
Payments				
Expenses ⁵	£62,593	£15,807	£78,400	£95,975
Purchase of fixed assets	£183	£4,718	£4,901	£1,572
Total payments	£62,776	£20,525	£83,301	£97,547
Surplus (deficit) for the year	£3,197	£4,698	£7,895	(£13,992)
Cash balances				
Cash funds at start of year	(£5,794)	£13,970	£8,176	£22,168
Cash funds at end of year	(£2,597)	£18,668	£16,071	£8,176

Statement of assets and liabilities for the year ended 31 December 2020

	2020			2019
	Unrestr	Restricted	Total	Total
Cash funds				
Current bank account	(£3,548)	£18,698	£15,150	£7,763
Specific events bank account	£833	£0	£833	£413
Petty cash	£88	£0	£88	£0
Total cash funds	<u>(£2,627)</u>	£18,698	£16,071	£8,176
Debtors				
Therapy fees owed	~	~	£966	£3,486
Assets retained for Charity's use				
Office equipment & instruments	~	~	£8,031	£3,845
Investment assets	~	~	£109,314	£134,364
<i>Estimated valuations</i>				
Liabilities (invoiced in 2020)				
Services	~	~	£24	
Freelance fees	~	~	£300	
Total liabilities*			£324	£4,940

*Note: Liabilities for 2019 calculated on basis of likely future costs

For and on behalf of all the trustees of North Yorkshire Music Therapy Centre
 Dr Caroline Lucy Mary Hall – Chair

Dated: 18/06/21

Caroline Hall

Notes on the financial statements

	2020			2019
	Unrestr	Restricted	Total	Total
1. Donations				
Individual donations	£30	£1,999	£2,029	
Friends of the Charity	£4,436	£0	£4,436	
Bequests	£0	£98	£98	
Total donations	£4,466	£2,097	£6,563	£8,183
<i>Note: In 2019, individual donations & Friends were not reported separately</i>				
2. Charitable activities				
Grants	£10,500	£23,126	£33,626	£9,360
Therapy fees	£11,248	£0	£11,248	£18,348
Reimbursement of travel	£103	£0	£103	£1,056
Furlough (JRS)	£14,620	£0	£14,620	£0
Total charitable income	£36,471	£23,126	£59,597	£8,183
3. Trading activities				
Charity presentations	£294	£0	£294	£426
Sale of goods	£638	£0	£638	£0
Total donations	£932	£0	£932	£426
4. Listed investments	£4,105	£0	£4,105	£6,182
5. Expense payments				
Salary (Director)	£14,247	£12,587	£26,834	£34,657
Salary (Administrators)	£4,571	£0	£4,571	£14,336
PAYE/NI	£9,956	£0	£9,956	£2,090
Pension	£2,650	£0	£2,650	£1,149
Freelance fees	£2,745	£2,425	£5,170	£7,275
Volunteer expenses	£0	£0	£0	£107
Trading event costs	£90	£0	£90	£0
Rent	£15,000	£0	£15,000	£15,548
Rates (refund)	(£2,353)	£0	(£2,353)	£2,353
Services	£2,250	£0	£2,250	£1,648
Repairs & maintenance	£152	£0	£152	£6,710
Insurance	£1,158	£0	£1,158	£543
Travel costs	£608	£0	£608	£2,822
Subscriptions & prof fees	£179	£0	£179	£241
Courses & supervision fees	£100	£0	£100	£1,022
Phone/internet/Web	£1,105	£794	£1,899	£1,866
Printing, adverts, postage	£765	£0	£765	£363
Payroll service	£691	£0	£691	£634
Independent examiner fees	£1,236	£0	£1,236	£1,200
Other prof & legal fees	£4,078	£0	£4,078	£1,355
Ex gratia payment (redundancy)	£2,426	£0	£2,426	£0
Miscellaneous	£939	£0	£939	£56
Total expenses	£62,593	£15,807	£78,400	£95,975

Sources of restricted funds in 2020

	Balance at 1 Jan	Receipts	Payment	Balance at 31 Dec
Music my voice	£10,373	£1,967	£8,453	£3,888
Clowes fund	£3,279	£0	£794	£2,485
Byre choir fund	£168	£130	£0	£298
NYCC: Inspire fund	£0	£1,000	£1,000	£0
NYCC: 2-Ridings fund (1)	£0	£1,000	£1,000	£0
NYCC: 2-Ridings fund (2)	£0	£10,500	£4,200	£6,300
Coop community fund	£0	£0	£0	£0
Kirkby Foundation	£0	£5,416	£4,718	£698
Jessie's Fund	£150	£210	£360	£0
D'Oyle Carte	£0	£5,000	£0	£5,000
Total restricted funds	£13,970	£25,223	£20,525	£18,668

Music my voice	Funding from a variety of providers used to subsidise music therapy sessions for people with special needs
Clowes fund	A one-off donation to support printing and publishing
Byre choir fund	Donations to be used to support the costs of the Charity's choir, the Byre Singers
NYCC: Inspire fund	A grant from NYCC to develop internet-based therapy for the elderly
NYCC: 2-Ridings fund (1)	A grant from NYCC to develop on-line support resources for use by carers, teachers and others
NYCC: 2-Ridings fund (2)	A grant from NYCC to run a variety of group therapy sessions (on-line & face-to-face)
Coop local community fund	We are a named charity for the Coop: any payments (in 2021) will support group therapy sessions
Kirkby Foundation	A grant to support the purchase of musical instruments and A/V equipment
Jessie's Fund	Grants to support specific individual therapy sessions
D'Oyle Carte Charitable Trust	Grant to support the development of a local choir for children with and without disabilities (in 2021)