

APPENDIX 1

OSCr

Trustees' Annual Report for the period							
	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	30	7	2023	To	30	7	2024

Office of the Scottish Charity Regulator

Reference and administration details

Charity name	MUSIC ON PRESCRIPTION
Other names charity is known by	
Registered charity number	SC051105
Charity's principal address	

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4				
5				
6				
7				

8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

## 1 APPENDIX 1

### Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

## Structure, governance and management

### Type of governing document

CONSTITUTION OF MUSIC ON PRESCRIPTION

### Trustee recruitment and appointment

EXTRACT FROM CONSTITUTION OF MUSIC ON PRESCRIPTION

#### **Initial charity trustees**

17 The individuals who signed the charity trustee declaration forms which accompanied the application for incorporation of the organisation shall be deemed to have been appointed by the members as charity trustees with effect from the date of incorporation of the organisation.

## Objectives and activities

### Charitable purposes

4 The organisation's purposes are to advance mental health and save lives through: 4.1 Providing free, online, emotional first aid using self-selected music and self-help resources; 4.2 Bridging the critical time gap between needing and receiving professional help for depression; 4.3 Validating and soothing emotional pain and reducing the stigma surrounding mental illness; and 4.4 Offering a range of other support, resources and services to enhance emotional wellbeing.

### Summary of the main activities in relation to these objects

- SECURED CHARITY FUNDING
- RAISED PUBLIC AWARENESS OF CHARITY STATUS & PROFILE
- TRUSTEE'S SUCCESSFULLY REACHING FIRST 17 MILESTONES
- TRUSTEE'S STRATEGIC PLANNING OF NEXT 5 MILESTONES WITH PRIORITY:
  1. MOP BETA APP READY TO PROMOTE TO FUNDERS
  2. SECURE FUNDING TO LAUNCH MOP APP
  3. MOP APP included in NHS primary care social prescribing referrals and protocols
  4. MOP & PARTNERS ENGAGE IN JOINT MARKETING AND PUBLIC AWARENESS CAMPAIGN
  5. FUNDRAISE PHASE 3 - MOP Board to secure core funding to; Employ Executive Staff to strategically meet the aims, objectives & outcomes of 2024/25 milestones.

## APPENDIX 1

### Achievements and performance

Summary of the main achievements of the charity during the financial period

**Music On Prescription Phase One Milestones:**

***1 - 10 achieved***

**MOP APP Ready for Phase Two Milestones 11- 16 | 2023-2024**

**Milestone 11:**

MOP Board prepare for AGM

**Milestone 12:**

Secure MOP Accountant/Submit First Annual Accounts

**Milestone 13:**

TRUSTEE'S STRATEGIC PLANNING OF NEXT 3 MILESTONES;

**Milestone 14:**

DEVELOPING PROTOTYPE MOP APP WITH FOCUS GROUP PARTICIPATION

**Milestone 15:**

MARKETING AND PUBLIC RELATIONS - WHY THE NEED FOR MUSIC ON PRESCRIPTION APP

**Milestone 16:**

FUNDRAISING TO ENSURE ONGOING CHARITY DEVELOPMENT

***Milestones 11 - 16 achieved***

**MOP APP Phase Three Milestones 17 - 20 | 2024-2025**

**Milestone 17:**

MOP BETA APP READY TO SHOWCASE TO FUNDERS

**Milestone 18:**

SECURE FUNDING TO LAUNCH MOP APP

**Milestone 19:**

MOP APP included in NHS primary care social prescribing referrals and protocols

**Milestone 20:**

MOP & PARTNERS ENGAGE IN JOINT MARKETING AND PUBLIC AWARENESS CAMPAIGN FOR GENERAL PUBLIC WELL BEING

**Milestone 21:**

FUNDRAISE PHASE 3 - MOP Board to secure core funding to; Employ Executive Staff to strategically meet the aims, objectives & outcomes of 2024/25 milestones.

**Financial review**

**Brief statement of the charity's policy on reserves**

**Details of any deficit**

**Donated facilities and services (if any)**


**Other optional information**

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)	CO-FOUNDER/TRUSTEE/CEO	
Date		





# APPENDIX 3



		<b>Independent examiner's report on the accounts</b> v2					
<b>Report to the trustees/members of</b>	Charity name	Music on Prescription					
<b>Registered charity number</b>		SC 051105					
<b>On the accounts of the charity for the period</b>	Period start date				Period end date		
	Day	Month	Year	to	Day	Month	Year
	31	07	2023		30	07	2024
<b>Set out on pages</b>							(remember to include the page numbers of additional sheets)
<b>Respective responsibilities of trustees and examiner</b>	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
<b>Basis of independent examiner's statement</b>	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
<b>Independent examiner's statement</b>	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> <p>have not been met, or</p> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p>						
<b>Signed:</b>				<b>Date:</b>	25/04/2025		
<b>Name:</b>							
<b>Relevant professional qualification(s) or body (if any):</b>							
<b>Address:</b>							

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose

## Music on Prescription

SC051105



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	31	07	2023		30	07	2024

## Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
Donations					-	-
Legacies					-	
Grants					-	
Receipts from fundraising activities	221				221	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	<b>221</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>221</b>	<b>-</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>221</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>221</b>	<b>-</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	339				339	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	360				360	360
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>699</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>699</b>	<b>360</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>699</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>699</b>	<b>360</b>
<b>Net receipts / (payments)</b>	<b>(479)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(479)</b>	<b>(360)</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>(479)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(479)</b>	<b>(360)</b>

## Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	5,640				5,640	5,640
	Surplus / (deficit) shown on receipts and payments account	(479)				(479)	(360)
						-	
						-	
	<b>Cash and bank balances at end of year</b>	<b>5,161</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>5,161</b>	<b>5,280</b>
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

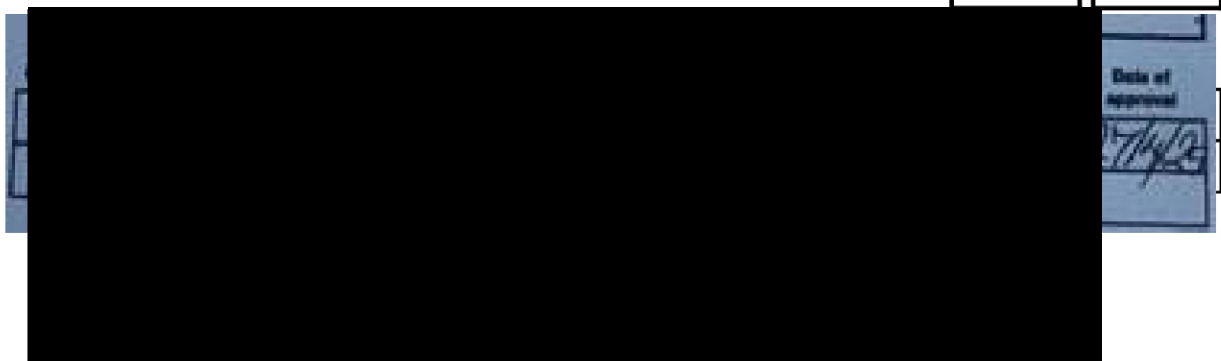
	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

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



## Section C Notes to the Accounts

**C1 Nature and purpose of funds** (may be stated on analysis of funds worksheets)


**C2 Grants**

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

**C3a Trustee remuneration**

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	<input checked="" type="checkbox"/>
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**C3b Trustee remuneration - details**

Authority under which paid	£

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	<input checked="" type="checkbox"/>
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**C4b Trustee expenses - details**

	Number of trustees	£

**C5 Transactions with trustees and connected persons**

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

**C6 Other information**


### Analysis of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
Lee fundraising.	221				221	-
					-	
					-	
					-	
<b>Total</b>	<b>221</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>221</b>	<b>-</b>
	reference	-	-	-	reference	-

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	
			-	
			-	
			-	
<b>Total</b>	-	-	-	-

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	-	-	-	-	-	-

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Travel	27				27	
IT & Logo	312				312	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>339</b>	-	-	-	<b>339</b>	-

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**Additional analysis (2)****5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Donations					-	-
Legacies					-	-
Grants					-	-
Receipts from fundraising activities	221				221	
Gross trading receipts					-	-
buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
<b>Sub total</b>	<b>221</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>221</b>	<b>-</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>221</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>221</b>	<b>-</b>
<b>Payments</b>						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	339				339	
Grants and donations					-	-
Governance costs:						
Audit / independent examination	360				360	360
Preparation of annual accounts					-	-
Legal costs					-	-
					-	-
<b>Sub total</b>	<b>699</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>699</b>	<b>360</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	-
Purchase of investments					-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>699</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>699</b>	<b>360</b>
<b>Net receipts / (payments)</b>	<b>(479)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(479)</b>	<b>(360)</b>
<b>Transfers to / (from) funds</b>						
					-	-
<b>Surplus / (deficit) for year</b>	<b>(479)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(479)</b>	<b>(360)</b>
<b>Nature and purpose of funds</b>						

## Music on Prescription

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## Additional analysis (3)

## 6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-	-
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-	-
<b>Net receipts / (payments)</b>	-	-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	-	-	-	-	-	-

## Nature and purpose of funds