

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022
FOR
MINDSONG**

Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

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FOR THE YEAR ENDED 31 DECEMBER 2022**

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MINDSONG

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2022

TRUSTEES	Mitchell Watkins Chair until 31.8.23 (resigned 31.8.23) Elaine Grunbaum Treasurer and Chair from 1.9.23 Sylvia Ardron Secretary Helen Owen Anthea Holland Katy Bagnall (resigned 13.2.23) Philippa Shaw (resigned 22.2.22) Ashwin Pillay (resigned 20.6.22)
PRINCIPAL ADDRESS	28 Vine Way Tewkesbury Gloucestershire GL20 5FJ
REGISTERED CHARITY NUMBER	1177043
INDEPENDENT EXAMINER	Andorran Limited 6 Manor Park Business Centre Mackenzie Way Cheltenham Gloucestershire GL51 9TX

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and for people with dementia at time of diagnosis.

Though we are primarily dementia focussed Mindsong is part of the innovative provision of Arts on Prescription (Social Prescribing) in Gloucestershire and works with people who have chronic lung conditions. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

Meaningful music-making and singing lies at the heart of what we do. In an uncertain world, we aim to provide a supportive presence for the people we work with, whether they live with dementia or other health conditions, always listening with open ears and offering comfort and companionship.

All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

How we meet our Objects

Mindsong provides a range of therapeutic services to people with dementia, and other neurological disorders such as Parkinson's and Huntingdon's disease, who live in care homes and their own homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our music therapy services.

Our Together in Song Singing Group service is provided by our volunteers (many of whom are ex-health and mental health professionals) who are trained and supported by our Director of Volunteer-Led Services and her team.

We also take on additional projects where music can have a significant impact on health.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

OBJECTIVES AND ACTIVITIES

Who we work with

People who have dementia and who live in care homes, or are being cared for in their own homes, are often wrongly assumed to be the least able to participate in or contribute to any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems. This can lead to isolation and loneliness both for the person with dementia and those that care for them.

We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our services with respect for those at their most vulnerable. The people we work with are at the centre of all that we do.

In addition, we use our skills as part of Arts on Prescription, running courses that will have an impact on health and wellbeing. In 2022 this work was for people with chronic lung disease, Long Covid and aphasia.

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

An Overview

With Covid-19 still a feature for all of us, and especially the people we exist to benefit, we spent 2022 gradually adapting what we do so that someone would feel safe getting out and socialising again. For everyone, including our staff, the pandemic has had a long-lasting effect and we didn't underestimate the differing levels of support needed.

We needed to recruit more volunteers, respond to higher levels of poor health and increasing referrals for all services. All this against a backdrop of reduced funding. However, respond we did and found so much joy in socialising face-to-face again, making new friends and being able to stretch our wings. 2022 was a year of consolidation, getting used to hugging again and plans for the future.

"Dear Shirley,

On behalf of my Father Tony Rust, myself and family, I'd like to take this opportunity to thank Mindsong and all who work for this marvellous charity, for all the good work you do.

Through the music therapist (Becky), Mindsong has given my Father an opportunity to express himself in a joyful way. It's been such a lovely experience seeing him come alive and have fun! For the hour he has been allocated, he has a wonderful time which allows him to enjoy music and with that memories long forgotten, also being able to vocalise thoughts in a positive way. I see more of the man he once was.

Without all of your hard work and fundraising this would no doubt be impossible.

Thank you so much.

Best Wishes,
Nicola Miles"

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE - continued

Mindset (New Work)

A new initiative that we felt was the missing piece in our range of services. A 10 week course of talking therapy for people within their first 12 months of a dementia diagnosis, with their carer partners joining at weeks 1 and 10.

The aim was to give people time and space to come to terms with a diagnosis and what it means for them. We learnt a lot about people's experiences of earlier stages and the process of diagnosis. It helped create a fuller picture of not only what the person with dementia contends with, but also the family / supporter too.

We ran 4 courses and planning is in place to continue and expand in 2023. This work is funded by NHS One Gloucestershire via Gloucestershire County Council.

Celebrating 10 Years as a charity

10 years seems to have flown by and we are unrecognisable from the organisation we were in 2012. A wonderful garden party was had at Highnam Court, with many of our volunteers, funders, friends and clients taking tea in the gardens. Singing was the highlight of the day!

Music Therapy

"I'm writing to express our family's gratitude for agreeing for Mum to have the Mindsong music therapy sessions - they have been wonderful! Despite some initial apprehension prior to the first home visit, Mum has thoroughly and completely enjoyed every session. So much so, that it has become an eagerly anticipated highlight of Mum and Dad's week. My wife and I, or brother and his wife have attended each session and it's been wonderful to see our parents happy and joyful during the hour. Mum can also be quite animated and has rediscovered her cheeky, mischievous spark! Laura (therapist) has been an instant hit, her caring, personable nature and positivity is a real tonic, a weekly ray of sunshine in their lives."

(Family carer, Music Therapy at Home)

2022 saw referrals jump quite significantly. We received 116 referrals and worked on 119.

Our Music Therapy at Home (MT@H) service continued to be in high demand, with 116 referrals received from GPs, Community Dementia Nurses, Alzheimer's Society Dementia Advisers, Later Life Mental Health Teams, Social Prescribers and self-referrals. In total, we worked with 119 different families, providing Music Therapy in people's own homes, (this includes some cases carried over from the previous year or clients having ongoing sessions). Each case involves us working with at least one person, mostly two or more, as family carers and other family members attend sessions. The total number of people we worked with is therefore more likely to be double this number. In all we delivered 1,059 music therapy sessions.

For some of our clients, we remained the only service providing in-person visits for the early part of the year. This helped to reduce social isolation and loneliness, but also gave us opportunities to pick up on vulnerable situations that needed extra support, in which we were either able to give, or signpost / advocate for.

"To see (my wife) tapping the tambourine and singing along is just fantastic. She becomes more alive... it has lifted the pair of us. I am blown away by how incredible it is... it evokes memory and I have discovered that I can actually sing a bit! It has opened up a whole new world for us."

(Family carer, Music Therapy at Home)

Feedback highlighted how successful Music Therapy is in supporting wellbeing, communication, strengthening a sense of identity and relationships. As well as the therapy itself, we work with family carers to develop bespoke practical uses of music to support daily care to use outside session times, and this has been invaluable too.

"Beth (therapist) has made our days brighter. Everyone comments on how much happier we both are. From out of nowhere, P's speech has improved dramatically. We can only put this down to the singing. Music therapy has given us both encouragement, we feel valued by someone giving us their time."

(Family carer, Music Therapy at Home)

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE - continued

Breathe In Sing Out (BISO)

Having successfully maintained the groups over Zoom during the pandemic, in-person BISO sessions resumed in September 2022 in all venues i.e. Cheltenham, Gloucester, Dursley, Stroud, Bourton-on-the-Water, Cirencester and Lydney.

Most people were happy to return to face-to-face, but we continued to offer one online group. This worked well for those who remained unsure about mixing with others, or who could not access the groups due to mobility or other health issues. There was also a hybrid option to attend in-person sessions via Zoom, which was taken up by one or two long-term participants in the Gloucester and Cheltenham groups, who wanted to stay with the group they knew.

"I am valuing your sessions very much, as well as enjoying them. I know I could do even better if I had a less manic lifestyle. I find your teaching fun and inspirational, as well as effective in terms of the ultimate goal of respiratory capacity and control - thank you! I have had a feeling of well-being after the classes which I have put down partly to the breathing exercises but also to being in a group. I found the group great, supportive and nonjudgmental and friendly."

(BISO participant)

Long Covid Support Groups

These groups continued this year online, and both were well attended. It became obvious to us that a supportive group where someone could discuss their symptoms and their effect on their lives was of equal importance to learning better breathing techniques.

We will assess, during 2023, the continuing need for Long Covid support and whether we can merge this group with BiSo.

"All positive. Friendly group, welcoming. Good to meet with others who struggle as it takes away your own isolation. Breathing has improved with learning new skills, sharing of information and ideas."

(Long Covid Support Group Participant)

Volunteer-Led Services: Kate Hicks Beach

Overview

A year of getting some sense of normality. Providing safe spaces to meet and sing together, recruiting new volunteers and gradually returning to care homes. This was a year of consolidation and planning for 2023.

"When we were leaving Cotswold House yesterday, and Kristin (the a/c) was saying goodbye on the doorstep, out of the blue she said something so significant it took my breath away. "What you don't see while you're here is the resident who has hallucinations all the time not hallucinating, or the other resident who constantly wanders, not wandering. They were both in the room with you."

(Email from a volunteer)

We started the year with 289 volunteers who valiantly kept our care homes singing. Although we did begin to see some homes close for good this year, we were able to move our teams to others as they opened up. Our recruitment drives through local choirs and via friends and neighbours saw our ranks swell to 342 by the end of the year.

Thanks to The Utley Foundation, we were able to make several films this year showcasing our Sing 2 Remember sessions and showing the benefits of volunteering. All are available on our YouTube channel.

Time was spent (enjoyably face-to-face) at several Volunteer Gatherings where we could share experiences, refresh our training, meet new people and promote the full range of services Mindsong offers through presentations from our therapists.

We managed what we (hope/think!) is a world record for simultaneous quodlibets - 9 songs sung at the same time. Quite a feat.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE - continued

Sing 2 Remember

We expanded our Sing 2 Remember groups to 5, 4 in person and 1 online, with an average attendance of 35. We are now in Bourton on the Water, Cirencester, Cheltenham and Churchdown. As before, members were a mix of people with dementia, family carers and people who were feeling isolated and lonely.

We ran a taster session in Tewkesbury with 40 people in attendance, which will start running permanently in January. We have plans to start more new groups in 2023.

Together in Song (Care Homes)

Our teams were in 62 care homes by the end of the year and we have more on the waiting list for 2023.

'It was hard for them at first as I think they were a bit disorientated and it took my mum especially a while to settle in.

After a few weeks I discovered that Mindsong visited, so I took them both along. My mum mainly went along to keep my dad company. My dad loved taking part as he used to be a choirboy in his youth. He would sing/harmonise to the old tunes he remembered, encouraged by your lovely volunteers. It was so lovely to see how happy it made him and for my mum to watch him enjoying himself. One day, he really surprised me, when the volunteers had asked for requests and Dad asked for Farmers Boy, a WW 1 song. They didn't have it to hand, but someone found it online and at the next session he stood up with a little help and sang his heart out as a solo. I will never forget that moment as it brought me so much joy. Going to Mindsong really enhanced his life there until he became bedbound.

Unfortunately he died during the pandemic and I didn't get to say goodbye to him in person, but I had Farmers Boy played at this funeral, which brought a smile to my face, especially as some of the words were a bit naughty. I'm sure my dad would have approved."

(Letter from someone whose parents had just moved into a care home)

FINANCIAL REVIEW

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

FUTURE PLANS

We continue to develop, refine and expand the services we offer. We also look at where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will find innovative ways to take on new challenges.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, particularly for women, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

Our Core Team

Karen Lawton Chief Executive
Julia Glaudot Business Administrator & Vocal Leader

Maggie Grady Director of Music Therapy
Ruth Melhuish Deputy Director of Music Therapy
Shirley Grant Administrator (music therapy)

Kate Hicks Beach Director of Volunteer-Led Services
Paige Halliwell Assistant to Director of Volunteer-Led Services

Maggie and Ruth manage our team of 13 music therapists and 2 Vocal Leaders (respiratory).

Kate manages our team of 6 Local Area Coordinators and together they support and train our amazing volunteers working in care homes.

Kate and Paige both manage and set up our Sing 2 Remember groups and their vocal leaders.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL
Phone: 01684 273656 | 07989 936270
Email: admin@mindsong.org.uk
Website: mindsong.org.uk

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

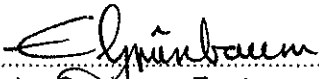
MINDSONG

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 17/10/23 and signed on its behalf by:


.....
Elaine Grunbaum - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSONG

Independent examiner's report to the trustees of Mindsong

I report to the charity trustees on my examination of the accounts of Mindsong (the Trust) for the year ended 31 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Roger Downes FCA



Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

18 October 2023

MINDSONG

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	36,124	-	36,124	11,943
Charitable activities	3				
Charitable		179,463	17,000	196,463	297,564
Total		<u>215,587</u>	<u>17,000</u>	<u>232,587</u>	<u>309,507</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable		<u>277,029</u>	<u>38,029</u>	<u>315,058</u>	<u>244,571</u>
NET INCOME/(EXPENDITURE)		(61,442)	(21,029)	(82,471)	64,936
RECONCILIATION OF FUNDS					
Total funds brought forward		309,968	38,901	348,869	283,933
TOTAL FUNDS CARRIED FORWARD		<u><u>248,526</u></u>	<u><u>17,872</u></u>	<u><u>266,398</u></u>	<u><u>348,869</u></u>

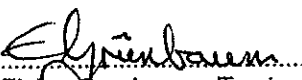
The notes form part of these financial statements

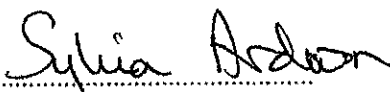
MINDSONG

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
CURRENT ASSETS					
Debtors	10	3,566	-	3,566	1,832
Cash at bank		<u>249,427</u>	<u>17,872</u>	<u>267,299</u>	<u>351,285</u>
		252,993	17,872	270,865	353,117
CREDITORS					
Amounts falling due within one year	11	(4,467)	-	(4,467)	(4,248)
		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
NET CURRENT ASSETS					
		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
NET ASSETS		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
FUNDS	12				
Unrestricted funds				248,526	309,968
Restricted funds				<u>17,872</u>	<u>38,901</u>
TOTAL FUNDS				<u>266,398</u>	<u>348,869</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 17/10/23..... and were signed on its behalf by:


Elaine Grunbaum - Trustee


Sylvia Ardron - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Going concern

The trustees have considered the funding required by the charity for a period of more than 12 months from the date of approval of these financial statements. The charity relies on several sources of funding to raise its income and has secured sufficient funding for the foreseeable future to meet its operational plans. On this basis, the trustees consider the charity to be a going concern and have prepared the financial statements on that basis.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income, care home contributions and donations are credited to income on receipt.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. DONATIONS AND LEGACIES

	31.12.22	31.12.21
	£	£
Donations	36,124	11,943
	<u> </u>	<u> </u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

3. INCOME FROM CHARITABLE ACTIVITIES

		31.12.22	31.12.21
	Activity	£	£
Grants	Charitable	87,000	170,720
Care home contributions	Charitable	21,774	13,113
Other music therapy income	Charitable	4,154	535
Other delivery	Charitable	3,535	196
Clinical commissioning	Charitable	80,000	113,000
		<u>196,463</u>	<u>297,564</u>

Grants received, included in the above, are as follows:

	31.12.22	31.12.21
	£	£
J & H Rausing Trust	45,000	100,000
Zurich Community Fund	17,000	-
Gloucestershire County Council	10,000	50,000
Gloucestershire Carers Legacy	10,000	10,000
Mercers Co	5,000	-
Henry Smith Trust	-	10,000
Coronavirus Job Retention Scheme	-	720
	<u>87,000</u>	<u>170,720</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5) £	Support costs (see note 6) £	Totals £
Charitable	<u>313,534</u>	<u>1,524</u>	<u>315,058</u>

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.22	31.12.21
	£	£
Staff costs	10,213	9,272
Insurance	781	781
Marketing	1,569	1,050
Cost of fundraising	104	29
Volunteer costs and expenses	51,471	44,127
Delivery of music therapy	163,833	129,219
Other delivery	4,869	1,152
Training	1,091	343
Equipment	7,697	2,211
Travel	1,246	391
Administration	70,660	54,844
	<u>313,534</u>	<u>243,419</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

6. SUPPORT COSTS

	Governance costs
	£
Charitable	<u>1,524</u>

Support costs, included in the above, are as follows:

	31.12.22	31.12.21
	Charitable	Total
	£	activities
Independent examination	<u>1,524</u>	<u>1,152</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.22	31.12.21
Admin	<u>13</u>	<u>12</u>

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	11,943	-	11,943
Charitable activities			
Charitable	<u>214,564</u>	<u>83,000</u>	<u>297,564</u>
Total	<u>226,507</u>	<u>83,000</u>	<u>309,507</u>
EXPENDITURE ON			
Charitable activities			
Charitable	<u>152,028</u>	<u>92,543</u>	<u>244,571</u>
NET INCOME/(EXPENDITURE)	74,479	(9,543)	64,936
RECONCILIATION OF FUNDS			
Total funds brought forward	235,489	48,444	283,933

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>309,968</u>	<u>38,901</u>	<u>348,869</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22 £	31.12.21 £
Income due	<u>3,566</u>	<u>1,832</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22 £	31.12.21 £
Taxation and social security	3,116	2,353
Other creditors	<u>1,351</u>	<u>1,895</u>
	<u>4,467</u>	<u>4,248</u>

12. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	309,968	(61,442)	248,526
Restricted funds			
NHS Gloucestershire CCG	26,223	(11,351)	14,872
Utle Foundation	10,031	(7,031)	3,000
Mercer Co	<u>2,647</u>	<u>(2,647)</u>	<u>-</u>
	<u>38,901</u>	<u>(21,029)</u>	<u>17,872</u>
TOTAL FUNDS	<u>348,869</u>	<u>(82,471)</u>	<u>266,398</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	215,587	(277,029)	(61,442)
Restricted funds			
NHS Gloucestershire CCG	17,000	(28,351)	(11,351)
Utle Foundation	-	(7,031)	(7,031)
Mercer Co	<u>-</u>	<u>(2,647)</u>	<u>(2,647)</u>
	<u>17,000</u>	<u>(38,029)</u>	<u>(21,029)</u>
TOTAL FUNDS	<u>232,587</u>	<u>(315,058)</u>	<u>(82,471)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	235,489	74,479	309,968
Restricted funds			
NHS Gloucestershire CCG	14,448	11,775	26,223
Utleigh Foundation	29,396	(19,365)	10,031
Mercer Co	4,600	(1,953)	2,647
	<u>48,444</u>	<u>(9,543)</u>	<u>38,901</u>
TOTAL FUNDS	<u>283,933</u>	<u>64,936</u>	<u>348,869</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	226,507	(152,028)	74,479
Restricted funds			
NHS Gloucestershire CCG	83,000	(71,225)	11,775
Utleigh Foundation	-	(19,365)	(19,365)
Mercer Co	-	(1,953)	(1,953)
	<u>83,000</u>	<u>(92,543)</u>	<u>(9,543)</u>
TOTAL FUNDS	<u>309,507</u>	<u>(244,571)</u>	<u>64,936</u>

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe in Sing out', supporting people with chronic lung conditions through singing groups.

Restricted Fund - Utleigh Foundation

A project using the skills of our Meaningful Music team, to give others in the UK (or beyond) the confidence to start their own singing groups for people with dementia, using our ethos, techniques and experience.

Restricted Fund - Mercer Co

Music Therapy for the homeless, in partnership with Gloucester City Mission (delivery initially postponed due to Covid). This service stopped in 2022.

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.