

REGISTERED COMPANY NUMBER: 08093898 (England and Wales)
REGISTERED CHARITY NUMBER: 1189913

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2022
FOR
TONIC MUSIC FOR MENTAL HEALTH LTD**

TONIC MUSIC FOR MENTAL HEALTH LTD

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FOR THE YEAR ENDED 30 JUNE 2022**

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TONIC MUSIC FOR MENTAL HEALTH LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 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).

The reporting year 2021-22 has seen a significant number of changes and initiatives at Tonic as it evolves to meet the needs of its users, the changes in the music industry and as the world comes out of Covid-19.

The year saw Tonic move premises from the cramped inaccessible shop to a new temporary home with greater space and improved access.

Trustees have spent the year with the staff and leadership team looking at how Tonic can best support the people of Portsmouth and the wider region as well as build on the success of its national work through the Tonic Rider programme. The Chief Executive has led a review of Tonic's strategy and along with the wider team and Trustees a plan of how to develop the organisation has been agreed.

The year saw a full return of live music and festivals, this enabled a number of fundraising and awareness raising opportunities but also saw an increase in demand from music professionals and musicians struggling with their mental health as they returned to work after Covid-19.

Finance was a key feature of the year with a number of key grants supporting our vital work while trading and event income was rebuilt. The staff and leadership team worked extremely hard to maximise income opportunities during the year.

The Trustee Board undertook an analysis of their skills gap and the year saw the beginning of a recruitment campaign that will see new additions to the Board in the coming year.

What we do

We provide creative opportunities for people with mental health problems. We run free music-related groups, such as the Men's Music Jam and Tonic Ska Choir.

Our Tonic Rider programme promotes good mental health in the music industry, providing mental health support both online and in-person.

We deliver training to companies, organisations and groups on Mental Health First Aid and Suicide First Aid, as well as a range of other courses and workshops.

We raise awareness about mental health at gigs, festivals and events. We provide stands at events across the country with resources on how to stay well and look out for other people.

TONIC MUSIC FOR MENTAL HEALTH LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission

Delivering good mental health and recovery through music.

Vision

We strive for an inclusive world where those experiencing poor mental health have the hope, support and respect they deserve.

Values

Participation - We believe that participation in music and the arts can promote and sustain good mental health.

Recovery - We champion a recovery-based approach for those experiencing poor mental health.

Empowerment - We believe in empowering people to create healthy environments that promote good mental health.

Inclusivity - We advocate discussion, education and inclusion as a means to reducing stigma and breaking down barriers.

Grantmaking

Tonic was fortunate to receive generous support from the following organisations in the period since 30 June 2021:

- William Wates Memorial Trust - £2,500 for Early Intervention in Psychosis Music Workshops.
- Hampshire and Isle of Wight Suicide Prevention Innovation Fund - £9,900 for Suicide Prevention work.
- Adult Community Mental Health Transformation No Wrong Door Grant - £8,000 for Recovery Through Music Programme.
- Youth Music Incubator Fund- £30,000 for Tonic Rider Live Employment Programme
- Portsmouth Lottery - £2,000 for Specialist Suicide First Aid training for Portsmouth Retailers.

TONIC MUSIC FOR MENTAL HEALTH LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We are a provider of creative mental health services, and during 2021-2022 provided support across 6 main groups of services and activities:

Activities

Main Features

Creative Workshops and Courses

During 2021/22 we began to offer face to face sessions again at third party venues and from February 2022 from our new headquarters.

Tonic Ska Choir

The Choir continued during 2020-21 and performed at a number of festivals and events including the Victorious and Mucky Weekender Festivals.

Outreach

Tonic attended a number of gigs and events to raise awareness around mental health. This included a number of festivals, gigs and tours by The Libertines, The Specials and the Dub Pistols.

Bespoke Training

Tonic provided bespoke mental health and suicide prevention training to the Albion Rooms staff team.

Educational Talks and Panels

Tonic delivered talks to BIMM music schools, attended music industry specialist panels, attended music school freshers fairs and delivered interviews on music industry podcasts and radio shows.

The Roadie Clinic - Global Care Network

Since July 2021, we have been a member of The Roadie Clinic - Global Care Network, which is a collective of organisations working around mental health in the music industry (specifically live events and crew) in the US, Canada, Australia the UK.

Tonic Live

Tonic held a number of events at its new headquarters including two gigs featuring Peter Doherty and Frédéric Lo.

Volunteering Opportunities

Tonic provided a range of volunteering opportunities at festivals and live music gigs and events. This included Boomtown, Victorious and Mucky Weekender Festivals.

In-House Fundraising Events

Tonic organised our annual fundraiser, Barry's Flying Circus - a Wing Walk with twenty fundraisers led by our patron, Barry Ashworth.

Tonic Rider

Tonic promoted good mental health in the music industry through a programme of online training courses, support groups and taught workshops - free for all music industry professionals.

Peer Support Groups

Weekly 90-minute groups across six weeks supporting music industry professionals in an open space to share their experiences with other music industry professionals (funded by Help Musicians).

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

Mental Health First Aid	Two-day course training music industry professionals how to identify, understand and help someone who may be experiencing a mental health issue (MHFA England accredited).
Suicide First Aid Lite	Four-hour course training music industry professionals in the theory and practice of suicide intervention skills that can be applied in professional or personal settings (City & Guilds assured).
Suicide Intervention*	Three-hour course training music industry professionals how to identify and intervene appropriately when someone is having thoughts of suicide.
Mental Health Awareness in the Music Industry	Six-hour course training music industry professionals to gain an awareness of the major issues unique to the music industry and how they affect mental health (CPD accredited).
Music Performance Anxiety	Two-and-a-half-hour workshop teaching music industry professionals to identify and manage the effects of anxieties related to performing within themselves and others.
Emotional Resilience	Two-and-a-half-hour workshop teaching music industry professionals mindful awareness of emotions and practical ways to build resilience.
ACT Skills	Two-and-a-half-hour workshop teaching music industry professionals acceptance and commitment therapy skills to reduce unwanted thoughts and feelings.
Wellbeing Group	Weekly 90-minute group across three weeks supporting music industry professionals with practical strategies to reduce the impact of stress, anxiety and low mood.
1:1 Counselling Sessions	1-1 counselling sessions with a qualified MBACP registered Humanistic counsellor with extensive experience working within secondary mental health services supporting a range of complex mental health issues.
1:1 Support Sessions	Series of one-hour individual sessions supporting music industry professions to manage their emotions around work-related stress.
Everybody Hurts: Help with Depression	Online guide focusing on depression with sections on signs/symptoms, self-help advice and signposting to other support.
Suicide Prevention Safety Plan	Online guide focusing on suicide prevention with sections on grounding techniques, safety statements and self-soothing kits.

*Superseded by Suicide First Aid Lite.

TONIC MUSIC FOR MENTAL HEALTH LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

Tonic had been based at 119 Highland Road, Portsmouth for the previous five years. The shop had not been open since March 2020 due to the Covid-19 and in February 2022 Tonic moved to new larger premises at the old Frank Sorrell Centre that enabled better disabled access and social distancing.

Tonic Music for Mental Health works across England. Our support is focused on using creativity to support mental health recovery. We offer support to those in greatest need who access secondary mental health services and in-patient care, and support to people with mild to moderate depression and anxiety.

We work in places where people are at their most vulnerable, including in-patient units and work with marginalised communities.

A Year in Numbers

- 14 Online Raffles raising £2,724.19 in total.
- 4 donations made in memory of loved ones raising £1,345.75
- 52 people undertaking sales and challenges raising £54,216.86.
- 257 participants were registered to attend a course, group or workshop
- 214 participants newly registered on the Tonic Rider programme
- 132 1:1 screenings conducted with Tonic Rider participants
- 84 spaces offered on Peer Support Groups (funded by Help Musicians) - including one group (12 spaces) exclusively for an independent record label.
- 64 spaces offered on Mental Health First Aid course
- 60 spaces offered on Suicide First Aid Lite course
- 40 spaces offered on Suicide Intervention course
- 72 spaces offered on Mental Health Awareness in the Music Industry course
- 50 spaces offered on Music Performance Anxiety workshop
- 30 spaces offered on Emotional Resilience workshop
- 50 spaces offered on ACT Skills workshop
- 36 spaces offered on Wellbeing Group
- 29 1:1 Counselling Sessions provided
- 12 1:1 Support Sessions provided
- 1 in-person training days provided to music organisations (Albion Rooms)
- 2 freshers fairs attended at music schools (BIMM Manchester & LIPA)
- 1 talk delivered to a music school (BIMM Manchester)
- 2 panels attended by a Tonic Rider representative (Getahead Festival & Night Time Economy Summit)
- 2 radio/podcast appearances to talk about the Tonic Rider (Unmade Radio & Spaces International)
- 38 participants registered on the Recovery Through Music programme
- 15 1:1 screenings conducted with Recovery Through Music participants
- 6 Men's Music Jam sessions delivered
- 140 participants registered on the Tonic Ska Choir
- 110 1:1 screenings conducted with Tonic Ska Choir participants
- 41 Tonic Ska Choir rehearsals delivered
- 4 performances by Tonic Ska Choir at festivals and events.
- 101 events attended by our Never Mind The Stigma stand.
- People signed up to the Newsletter = 581
- Facebook followers (Main Tonic and Tonic Rider combined) = 8,708 + 638 (as of 21/11/22) = 9,346
- Facebook reach (across both pages) = 167,628 for main page + 19,012 for TR page (01/07/21 to 30/06/22) = 186,640 total
- Instagram followers (main Tonic and Tonic Rider combined) = 2,973 + 523 (as of 21/11/22) = 3,496
- Instagram reach (across both pages) = 16,522 for main page + 3,927 for TR page (01/07/21 to 30/06/22) = 20,449 total
- Twitter followers (main Tonic and Tonic Rider combined) = 3,414 + 644 (as of 21/11/22) = 4,058
- Twitter Impressions (across both pages) = 438,700 for main page + 165,158 for TR page (01/07/21 to 30/06/22) = 603,858 total
- Website = 41,476 page views / 17,286 site sessions / 14,776 unique visitors / 6m 33s average session duration (01/07/21 to 30/06/22)
- YouTube visits / views (in total - particularly Ska Choir sweet sensation video) = 27,700 total (of which 22,695 Sweet Sensation)
- YouTube Sub-scribers 431

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

- Google Business page visits / directions etc = 11,554 (07/03/22 to 21/11/22 - the change made on 07/03/22 was the address to Frank Sorrell Centre).

Monitoring our Performance

Trustees monitor the performance of our creative programmes. Our Tonic Rider Coordinator has started an evaluation of our work across both programmes to measure its impact working alongside the Tonic team and Trustees.

Each programme captures detailed data on progress and satisfaction. In terms of a high level summary of satisfaction:

- Peer Support Group - 100% 'Completely' or 'Very' Satisfied
- Mental Health First Aid - 96.6% 'Completely' or 'Very' Satisfied
- Suicide First Aid Lite - 100% 'Completely' or 'Very' Satisfied
- Suicide Intervention - 100% 'Completely' or 'Very' Satisfied
- Mental Health Awareness in the Music Industry - 96.1% 'Completely' or 'Very' Satisfied
- Music Performance Anxiety - 100% 'Completely' or 'Very' Satisfied
- Emotional Resilience - 91.7% 'Completely' or 'Very' Satisfied
- ACT Skills - 100% 'Completely' or 'Very' Satisfied
- Wellbeing Group - 100% 'Completely' or 'Very' Satisfied
- Men's Music Jam - 100% 'Completely' or 'Very' Satisfied
- Tonic Ska Choir - 86.7% 'Completely' or 'Very' Satisfied

We capture what people tell us about our programmes:

"Tonic is fabulous and I am very grateful for the resource it has been for me. I find it super encouraging and really missed it when the first set of episodes finished. I feel very blessed to have been given the opportunity for this resource. Thank you".

"I am very appreciative of the work of Tonic and it has really helped sustain me in my work. Thank you Tonic for all that you do and for the sessions I participated in".

"I have really enjoyed this group and it has been the only thing that I look forward to in the week. It's allowed me to do something for myself and meet with people who have a love of music and playing but also have difficulties similar to mine and understand".

"I cannot put into words the difference Tonic Ska Choir has made to my life - it has given me new friends, a new place to live, and an outlet for the passion I have for being open about mental health challenges; I would love to do more for Tonic to give back just a little of what it has given me".

FUTURE PLANS

The Tonic Rider programme has enabled the organisation to begin to support people and organisations across the country. Although Tonic will always have a focus on the South Coast and Portsmouth in particular, it now has a national reputation of providing innovative mental health support, advice and training.

The widespread use of Zoom costs associated with building running costs and the short term lease of the headquarters, has led Tonic to make the decision to move away from a building-based approach in 2023 and focus on using community venues and online platforms. This will enable Tonic to use its income more effectively and target support where it is most needed.

Linked to this, Tonic will work with the Tonic Choir to move on and become independent. The choir has been an important part of Tonic's story and we will work with the members and facilitators to set up a Community Interest Company to ensure its future.

Tonic will continue to work with people with mental health problems and music industry professionals but the next year will also see a focus on music fans. Tonic will develop a range of tools and products aimed at people that attend gigs, events and festivals to help them with their mental health and how to look out for other people. This work will be delivered through the new 'Never Mind the Stigma' programme.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Tonic Music for Mental Health is a company limited by guarantee, as well as a registered charity. The organisation was created in 2012 and the charity was created on 12th June 2020.

The written constitution and governing document is the Memorandum and Articles of Association, which were created in 2020 when the organisation formed as a charity.

Recruitment and appointment of new trustees

Periodically the Trustee Board will complete a skills audit to seek to address identified skills gaps when appointing new trustees. Prospective trustees are interviewed by the Chair and the Chief Executive. Where it is agreed to proceed, they are invited to attend a meeting of the Trustee Board, sign a written consent to become a trustee and formally appointed as trustees and directors. On appointment as trustee, the trustee shall automatically become a member of the charity.

Advisory Board:

Adam Ficek is a UKCP Accredited Clinical Psychotherapist, MBACP Counsellor and is qualified in EMDR and Sensorimotor Psychotherapy. He has been involved in the music industry for 25 years as a performing artist and DJ and toured extensively at top level (EMI / Parlophone / Rough Trade) as a solo artist, band member and as a DJ. Adam's role as the Tonic Consultant is to form relationships with music industry-mental health stakeholders. Developing these relationships contributes to the growing body of Tonic peer groups alongside an increased awareness and placement of the Tonic Rider branding. His role also includes the attendance of key meetings and advisory consultation on mental health factors within the music industry.

Dr John Barnes, Consultant Psychiatrist in Rehabilitation. Somerset Partnership NHS Trust (Sompar) working across community and hospital rehabilitation settings. He has been a consultant to Ash Ward low secure rehabilitation service in Bridgwater since 2011. Dr Barnes has been an advisor to Tonic since January 2019.

Jo Tedbury is a mental health nurse and CBT therapist. She is currently the psychology lead in an NHS community mental health rehabilitation team. Jo has been an advisor to Tonic since October 2020.

Patrons & Ambassadors:

We are honoured to have Terry Hall (The Specials), Barry Ashworth (Dub Pistols), and Kevin Cummins (Music Photographer) as our patrons; Lynval Golding (The Specials), Gary Crowley (BBC6 Music Broadcaster), Eddie Piller (Acid Jazz), Seanie Tee (Dub Pistols), Jeff Horton (100 Club), Morgan Howell (SuperSizeArt), Denise Black (Actress) and Biff Mitchell (Festival Organiser) as ambassadors.

TONIC MUSIC FOR MENTAL HEALTH LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Tonic Music for Mental Health is governed by a Trustee Board which meets at least every other calendar month with sub-committees with specified areas of delegated authority.

The Trustees are also Directors of the company. The Trustees / Directors are ultimately responsible for all the operational activities and developments of the organisation. They have a particular responsibility for setting the strategic direction and agreeing and monitoring the impact of policies and practice. There are systems for Trustee appraisal and there are link Trustees in place for each service area. Terms of Reference for the Board and each Sub-Committee are reviewed annually. The responsibilities of staff for day-to-day operations are set out in Tonic Music for Mental Health's Acting in Absence Procedures.

The Trustees / Directors will allocate an away day twice a year for their own training and development. Trustees will also take the opportunity to undertake other relevant conferences, training and networking events, reporting back learning gained to the Board as a whole.

Tonic Music for Mental Health is committed to being a diverse and inclusive charity. We believe that a diverse board can make better decisions, improve the quality of governance and increase public trust. Board membership includes a range of ages, lived experience of mental health issues and diverse backgrounds. We strive to represent, as a board, the communities we exist to serve.

New trustees will receive an induction which includes visits to projects to meet staff and participants and hear about Tonic Music for Mental Health's work. Trustees will participate fully in staff induction days. A trustee handbook covering the role and responsibilities of trustees including key organisational documents such as risk management, safeguarding, health and safety and fundraising policies is provided to each new trustee. This handbook is also available on a shared trustee drive. This handbook will be updated annually. Trustees sign a Code of Conduct on joining the board.

Administration

The day-to-day management of the organisation is delegated to the Chief Executive, Steph Langan.

The core employed team is made up of:

- Chief Executive Officer (FT)
- Training Lead (FT)
- Mental Health Lead (FT)
- Fundraising & Liaison Lead (FT)
- Graphic Designer (FT)
- Tonic Rider Coordinator (PT)
- Editor (PT).

The core team is supported by self-employed professional facilitators.

We have 10 regular volunteers who provide ongoing and substantial voluntary work for Tonic Music for Mental Health throughout the year. In addition, we had approximately 100 further volunteers at one-off events and festivals over the course of the year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08093898 (England and Wales)

Registered Charity number

1189913

TONIC MUSIC FOR MENTAL HEALTH LTD

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2022**

Registered office

Station House
North Street
Havant
Hampshire
PO9 1QU

Trustees

A Wilkes (resigned 4.7.2022)
Ms A C E Amey
Ms V Barwood
Mrs L K Holland (resigned 9.1.2023)
S Curtis
M Shires (appointed 14.1.2023)
G Miller (appointed 19.10.2022)
G Steward (appointed 18.7.2022)
G Priestley (appointed 21.11.2022)

Independent Examiner

S F Mackie
FCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Solicitors

Veale Wasbrough Vizards (VWV), 24 King William Street, London, EC4R 9AT

Bankers

Barclays Bank, 107 Commercial Road, Portsmouth, PO1 1BT

Approved by order of the board of trustees on 23/03/2023 and signed on its behalf by:



.....
S Curtis - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
TONIC MUSIC FOR MENTAL HEALTH LTD**

Independent examiner's report to the trustees of Tonic Music for Mental Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

S F Mackie

S F Mackie
FCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 23/03/2023

TONIC MUSIC FOR MENTAL HEALTH LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 JUNE 2022**

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	166,708	50,119	216,827	162,153
Other trading activities	3	7,533	-	7,533	3,341
Total		<u>174,241</u>	<u>50,119</u>	<u>224,360</u>	<u>165,494</u>
EXPENDITURE ON					
Raising funds	4	15,712	-	15,712	19,909
Charitable activities	5				
Charitable activities		164,452	50,119	214,571	119,818
Total		<u>180,164</u>	<u>50,119</u>	<u>230,283</u>	<u>139,727</u>
NET INCOME/(EXPENDITURE)		(5,923)	-	(5,923)	25,767
RECONCILIATION OF FUNDS					
Total funds brought forward		52,089	-	52,089	26,322
TOTAL FUNDS CARRIED FORWARD		<u>46,166</u>	<u>-</u>	<u>46,166</u>	<u>52,089</u>

The notes form part of these financial statements

TONIC MUSIC FOR MENTAL HEALTH LTD

**BALANCE SHEET
30 JUNE 2022**

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	11	29,248	4,271
CURRENT ASSETS			
Stocks	12	7,751	1,000
Debtors	13	7,962	3,191
Cash at bank and in hand		8,119	49,861
		<u>23,832</u>	<u>54,052</u>
CREDITORS			
Amounts falling due within one year	14	(6,914)	(6,234)
NET CURRENT ASSETS		<u>16,918</u>	<u>47,818</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>46,166</u>	<u>52,089</u>
NET ASSETS		<u>46,166</u>	<u>52,089</u>
FUNDS	16		
Unrestricted funds		<u>46,166</u>	<u>52,089</u>
TOTAL FUNDS		<u>46,166</u>	<u>52,089</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ...23/03/2023..... and were signed on its behalf by:



.....
S Curtis - Trustee

The notes form part of these financial statements

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

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.

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.

Tangible fixed assets

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Furniture	10% straight line
Computer	33% straight line

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation 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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable and investments in stocks and shares. The measurement basis used for these instruments is detailed below.

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

1. ACCOUNTING POLICIES - continued

Financial instruments

Debtors and cash at bank

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand included cash held on deposit or in a current account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	166,708	125,179
Grants	50,119	36,974
	<u>216,827</u>	<u>162,153</u>

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Merchandise sales	4,753	3,341
Other income	2,780	-
	<u>7,533</u>	<u>3,341</u>

4. RAISING FUNDS

Other trading activities

	2022	2021
	£	£
Opening stock	1,000	2,000
Purchases	5,663	2,880
Closing stock	(7,751)	(1,000)
Event acts and bands	14,307	13,069
Paypal fees	2,493	2,704
Gift aid commission	-	256
	<u>15,712</u>	<u>19,909</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Charitable activities	203,348	11,223	214,571

6. SUPPORT COSTS

	Governance costs £
Charitable activities	11,223

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

Finance

	2022 Total activities £	2021 Total activities £
Bank charges	-	14

Governance costs

	2022 Charitable activities £	2021 Total activities £
Accountancy fees	4,017	3,452
Independent examination fees	1,134	1,080
Legal and professional fees	6,072	5,630
Independent examination fees under accrual	-	480
	11,223	10,642

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation - owned assets	4,583	1,096

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2022 nor for the year ended 30 June 2021.

Trustees' expenses

During the year no trustee (2021: none) were reimbursed out of pocket expenses totalling £nil (2021: £nil).

9. STAFF COSTS

	2022 £	2021 £
Wages and salaries	156,098	81,348
Social security costs	5,020	-
Other pension costs	5,536	3,914
	<u>166,654</u>	<u>85,262</u>

The key management personnel of the Charity comprise of the Chief Executive Officer. The total employee benefits of the key management personnel of the Charity were £37,771 (2021: £29,389).

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

	2022	2021
Charitable staff	<u>8</u>	<u>6</u>

No employee received emoluments in excess of £60,000 (2021: none).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	162,153	-	162,153
Other trading activities	3,341	-	3,341
Total	<u>165,494</u>	<u>-</u>	<u>165,494</u>
EXPENDITURE ON			
Raising funds	19,909	-	19,909
Charitable activities			
Charitable activities	119,818	-	119,818
Total	<u>139,727</u>	<u>-</u>	<u>139,727</u>
NET INCOME	25,767	-	25,767
RECONCILIATION OF FUNDS			
Total funds brought forward	26,322	-	26,322

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	52,089	-	52,089

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 July 2021	-	6,929	1,210	8,139
Additions	394	27,063	2,103	29,560
At 30 June 2022	394	33,992	3,313	37,699
DEPRECIATION				
At 1 July 2021	-	3,465	403	3,868
Charge for year	79	3,399	1,105	4,583
At 30 June 2022	79	6,864	1,508	8,451
NET BOOK VALUE				
At 30 June 2022	315	27,128	1,805	29,248
At 30 June 2021	-	3,464	807	4,271

12. STOCKS

	2022 £	2021 £
Stocks	7,751	1,000

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	3,962	-
Other debtors	3,000	-
Prepayments	1,000	3,191
	7,962	3,191

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	-	481
Other creditors	6,914	5,753
	<u>6,914</u>	<u>6,234</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets	29,248	-	29,248	4,271
Current assets	23,832	-	23,832	54,052
Current liabilities	(6,914)	-	(6,914)	(6,234)
	<u>46,166</u>	<u>-</u>	<u>46,166</u>	<u>52,089</u>

16. MOVEMENT IN FUNDS

	At 1.7.21 £	Net movement in funds £	At 30.6.22 £
Unrestricted funds			
General fund	52,089	(5,923)	46,166
	<u>52,089</u>	<u>(5,923)</u>	<u>46,166</u>
TOTAL FUNDS			
	<u>52,089</u>	<u>(5,923)</u>	<u>46,166</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	174,241	(180,164)	(5,923)
Restricted funds			
Help Musicians	19,688	(19,688)	-
Hampshire, Southampton & Isle of			
Wight Clinicial Group	8,000	(8,000)	-
Southampton City Council	9,900	(9,900)	-
HiWCF	9,260	(9,260)	-
William Wates Memorial Trust	2,500	(2,500)	-
Portsmouth Lottery	771	(771)	-
	<u>50,119</u>	<u>(50,119)</u>	<u>-</u>
TOTAL FUNDS	<u>224,360</u>	<u>(230,283)</u>	<u>(5,923)</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.7.20 £	Net movement in funds £	At 30.6.21 £
Unrestricted funds			
General fund	26,322	25,767	52,089
TOTAL FUNDS	<u>26,322</u>	<u>25,767</u>	<u>52,089</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	165,494	(139,727)	25,767
TOTAL FUNDS	<u>165,494</u>	<u>(139,727)</u>	<u>25,767</u>

Help Musicians - Funding to support the delivery of six-weekly peer support groups for professional musicians and people working within the music industry.

Hampshire, Southampton and Isle of Wight Clinical Commissioning Group - Funding to support the No Wrong Door initiative

Southampton City Council - Funding received to support the Suicide Prevention Innovation Fund

HiWCF - Funding to support the delivery of a programme of music workshops for adults experiencing mental health problems in Portsmouth.

William Wates Memorial Trust - Funding to support the Early Intervention in Psychosis music workshops

Portsmouth Lottery - Funding to support specialist suicide first aid training for portsmouth retailers.

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2022.

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

18. ULTIMATE CONTROLLING PARTY

The charitable company is not under the control of another entity or any one individual.