



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

**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

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