



ISLINGTON MUSIC FORUM LTD
(A company limited by guarantee) trading as

KEY CHANGES

ANNUAL REPORT AND FINANCIAL STATEMENTS



YEAR ENDING 31 MARCH 2019

Company Number: 4641867
Charity Number: 1103774

St. Luke's Centre, 90 Central Street, London EC1V 8AJ
020 7549 8172 // info@keychanges.org.uk
www.keychanges.org.uk

- 1 -

TABLE OF CONTENTS

1. About Key Changes	p3
2. Our Services in Numbers	p5
3. Aims and Objectives	p6
4. CEO's Report	p7
5. Reference and Administrative Details	p9
6. Hospital Programme	p10
7. Music Industry Recovery Programme	p11
8. Impact	p12
9. Selected Press Coverage	p13
10. Financial Statements	p18



key changes

Promoting positive mental health through music

1. About Key Changes

We provide music industry focused recovery services in hospitals and the community for young people and adults experiencing mental health problems



Our multi award-winning service promotes wellbeing and recovery through developing creative, technical and vocational skills and opens pathways to mainstream opportunities in volunteering, training, work experience and employment. Our innovative approach draws on clinical therapeutic techniques and professional music industry practice.

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

- 3 -



key changes

Promoting positive mental health through music

Our structured programme of music industry-focused activities includes:

- In-reach services on the wards in child and adolescent and adult inpatient settings
- One-to-one and group sessions at professionally equipped music studios in the community
- Concerts, events, sports and pro-social activities
- Progression to continuing education, volunteering and work experience

We work in partnership with statutory, voluntary and private sector mental health and social care services and combine therapeutic techniques with a creative, collaborative approach that uses culturally relevant music genres and activities. Led by specially trained professional musicians and producers our activities encourage communication and expression, boost confidence and self-esteem, stimulate interest and motivation to develop skills further.

The charity was set up in 1997 by a group of patients at Highgate Mental Health Centre to provide music activities on the wards. We now work in partnership with NHS in-patient and secondary mental health services and voluntary sector health and social care agencies in London and various locations around the UK to provide services for over 3,000 people each year.



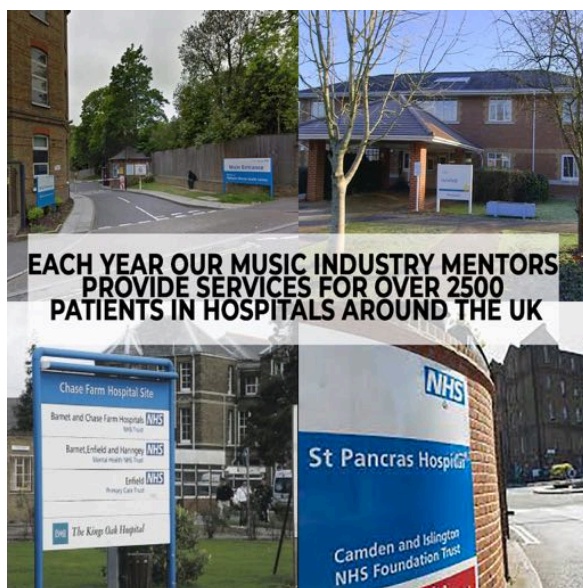
St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

- 4 -

2. Our Services in Numbers



3. Aims and Objectives

Our services aim to improve health, educational, social and economic outcomes amongst people experiencing mental health problems including psychosis, schizophrenia, bi polar and personality disorders. These conditions are manifested by extreme isolation from mainstream life and social contact, distress, confusion, depression, anxiety, loss of confidence and self-esteem.

Music can play a valuable role in recovery from mental illness. It can stimulate emotional and aesthetic responses, develop creative, technical, social and vocational skills, improve expression, communication, confidence and self-esteem, and facilitate positive changes in behaviour and wellbeing.

Our music engagement and recovery approach draws on clinical therapeutic techniques using one-to-one sessions, group work and peer support with children and young adults regarded as “hard to reach” such as those with challenging behaviour, forensic history or non-compliance with medication.

Through partnerships with the health and social care sectors and diverse cultural and music communities, our service creates pathways to mainstream opportunities for some of society’s most isolated and vulnerable people.





key changes

Promoting positive mental health through music

4. CEO's Report

Our work is made possible through a unique partnership between NHS and local authority mental health services and the UK music industry.

This year I am grateful to our trustees for committing the time and energy to our charity's strategic development. We completed a year-long programme of organisational development with Pilotlight. A team of business experts worked closely with us to review our offer and systems, which led to a new mission statement, relaunched community programme and improved marketing. In turn this led to quality improvement and an increase in service users.

In addition to our regular hospital programme new services were provided at hospital locations across London and the South East including Cygnet Watford, Priory Hospital Chelmsford, Farmfield Hospital Crawley, Beacon Centre and others.

Our artists performed in the debating chamber of London's iconic City Hall to an illustrious audience of the Mayor of London, local authority leaders, and senior managers from the health and social care sector. We also headlined shows at the Cally Fest and many other community events and presented to conferences including Psych Art. Our own regular open mic events at our centre attract audiences from across London as does our NHS community choir. Many artists boast about how many times they played Glastonbury – I am confident no others have performed twice in one year at the Royal College of Psychiatrists.

We were invited by NHS Health London Partnership to produce a rap track to promote asthma awareness amongst young people – and were awarded another trophy to add to our collection.



St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

- 7 -



key changes

Promoting positive mental health through music

The outcomes of this can be measured in different ways. Mics and Minds is a new scientific study into the therapeutic impact of our work involving researchers from Kings College London and University College Hospital, coverage of our charity included a piece on The One Show and other print and digital media including The Independent newspaper. I was invited to talk about our work on the Robert Elms Show on BBC Radio London whilst my colleague Dan was interviewed on the Bad Punk show on Resonance FM.



Looking forwards, we welcome new members of staff thanks to support from Tudor Trust and Lloyds Bank Foundation, the latter also providing organizational development support through its Enhance programme. We have been awarded new contracts with London Borough of Islington and London Borough of Hackney and new grants from National Lottery Community Fund, Postcode Lottery and Youth Music.

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

- 8 -



key changes

Promoting positive mental health through music

In these challenging times, we have reduced our dependence on grants through increasing our earned income. Music industry support has been forthcoming through generous donations from CAA artists, Ibiza's Last Night a DJ Saved my Life Foundation and also London's parties-with-a-heart Heels and Souls. These gifts directly facilitated the opening of our new recording studio for patients at Highgate Mental Health Centre.

None of this would happen without our wonderful trustee board and staff team, volunteers, partners and supporters. And, of course, the inspiring community of musicians for whom our charity exists and, I hope, continues to develop innovative and meaningful support with mental health recovery.

Peter Leigh
December 2019



"Key Changes' new studio at Highgate Mental Health Centre will bring the joy of music to patients at a time when they are most in need of positive, creative things to do. This gift to the trust at a time of increasing cuts is especially welcome."

Professor Wendy Savage, Lead Governor, Camden and Islington NHS Trust

5. Reference and Administrative Details

Islington Music Forum Ltd. trading as Key Changes

Charity Number 1103774 Company Number 4641867

Registered office: Highgate Mental Health Centre, Dartmouth Park Hill, London, N19 5NX

Principal address: St. Luke's Community Centre, 90 Central Street, London, EC1V 8AJ

Management committee: Mr Adam Thomas, (Chair) Mr Johny Brown, Mr Peter Leigh (Company Secretary), Mr Ashley Mackenzie, Ms Clare Scivier, Mr Mark Vincent

Trustee board: Mr Adam Thomas, (Chair), Mr Johny Brown, Mr Ashley Mackenzie, Ms Clare Scivier, Mr Mark Vincent

Bankers: TSB, Archway Branch, 19 Highgate Hill, London N19

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

- 9 -

6. Hospital Programme

We provide in-reach services for young people and adults receiving treatment on acute, intensive care, forensic and rehabilitation psychiatric wards in hospitals in London and other locations in the UK.

Using the latest music technology and apps our specially trained musicians and producers encourage patient engagement in music activities including DJ-ing, singing, MC-ing, songwriting, beatmaking, production, recording and performance.

The sessions offer an accessible and energising mix of contemporary music styles including hip hop, soul, r'n'b, reggae, rock, folk, funk, dubstep and anything in between!

Patients are supported and encouraged to step up to the mic, have a go mixing on the decks, learn music technology, write lyrics, make beats, produce and record tracks or simply enjoy the sounds.

The objectives are based around social inclusion and recovery and include:

- Develop social, communication, creative, technical and vocational skills
- Rekindle ability to express feelings, make choices, take turns and respect the views and tastes of others
- Opportunity to re-engage in leisure interest and spend time with others who have a common interest in music
- Bringing patients and staff together in a positive activity
- Space to foster hope and aspirations for the future
- Signpost progression to music services in the community post-discharge

We work closely with ward staff to tailor session format and content to suit ward specialisms and patient interests. An audit after each session reviews clinical feedback, patient engagement and comments and can be included in patient satisfaction surveys.

7. Music Industry Recovery Programme

Studio Sessions & Artist Development

Our 12-week Music Industry Recovery Programme offers studio sessions and artist development with music industry mentors for musicians, composers, song writers, lyricists, producers, vocalists and MC's with mental health experience.

Music Industry Mentors & Professional Facilities

The structured programme starts with 1:1 creative collaborative studio sessions. Songwriting, beat-making, production and recording in professionally-equipped studios.

Finished Product & Progression

From studio sessions to artist development including live performance, a&r feedback, industry advice, biog, artwork, photos, social media, option to release on in house label. Certificate on completion with signposting to professional development opportunities.

Programme Philosophy

Developing an identity as an artist offers a new way of knowing yourself and a chance to redefine who you are. You'll increase your confidence and self-esteem, learn new skills, build resilience and open pathways to life opportunities. Specially trained music industry mentors and managers will support you to set and achieve realistic goals. The feelgood factor from professionally produced mixes of your musical ideas and the encouragement and feedback from professionals, peers and wider audiences will boost your wellbeing and recovery. On completion you'll be freer from the limitations of your mental health and more aware of your true potential.

Programme Overview:

12 WEEKS, 5 HOURS PER WEEK

Weeks 1 - 9

Weekly 1-hour 1:1 studio session

Weekly 2-hour music industry group session

Weekly 2 hours of self-directed project work

Weeks 10 - 12

Weekly 1-hour 1:1 artist development session

Weekly 2-hour music industry group session

Weekly 2 hours of self-directed learning

Plus commitment to attend monthly open mic and concerts and events



key changes

Promoting positive mental health through music

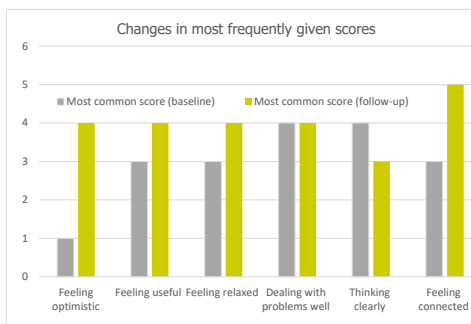
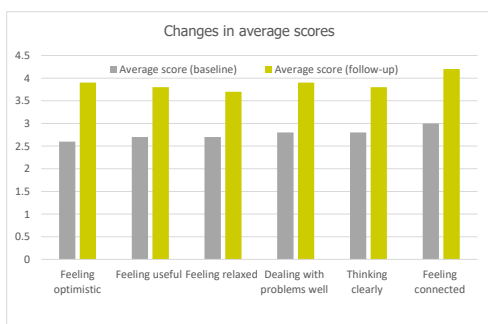
8. Impact

Evaluation data using the Short Warwick Edinburgh Scale, with the baseline/follow-up assessments roughly 12 weeks apart demonstrating significant service user progress in mental/emotional wellbeing from taking part in our programmes



Artist Wellbeing trends (Short Warwick Edinburgh Scale) November 2019

In the last two weeks, how often have you been....	Baseline scores (Most common)	Baseline scores (Averages)	Follow up scores (Most common)	Follow up scores (Averages)	Average increase (points/% increase)
... Feeling optimistic?	1 (Never)	2.6 (Rarely/sometimes)	4 (Often)	3.9 (Sometimes/often)	+1.3 pts (+50%)
... Feeling useful?	3 (Sometimes)	2.7 (Rarely/sometimes)	4 (Often)	3.8 (Sometimes/often)	+1.1 pts (+39%)
... Feeling relaxed?	3 (Sometimes)	2.7 (Rarely/sometimes)	4 (Often)	3.7 (Sometimes/often)	+1.0 pts (+37%)
... Dealing with problems well?	4 (Often)	2.8 (Rarely/sometimes)	4 (Often)	3.9 (Sometimes/often)	+1.1 pts (+39%)
... Thinking clearly?	4 (Often)	2.8 (Rarely/sometimes)	3 (Sometimes)	3.8 (Sometimes/often)	+1.0 pts (+37%)
... Feeling connected?	3 (Sometimes)	2.6 (Rarely/sometimes)	5 (All the time)	4.2 (Often/all the time)	+1.2 pts (+40%)
Overall score	19	16.4	30	23.4	+7.0 pts (+43%)



KEY CHANGES THEORY OF CHANGE:

Issues for client group:

Poor mental health & other challenges e.g. low-income

Low engagement in activities that promote sustained recovery

Social & emotional isolation

Lower levels of education, employability & skills

Stigma, prejudice & intolerance

Our unique offer:

Regular professional contact complementing wider community-based support

Culturally-relevant creative & 'pro-social' wellbeing activities

Collaboration with music industry professionals & musicians in mental health recovery

Develop creative, technical, social & work skills through music making & volunteering

Opportunities to share lived experiences & insights using compelling creative channels

Outcomes:

Reduced risk of reaching a crisis point

Strengthened networks of support

Opportunities for achievement & inclusion

Increased confidence, self-worth & self-esteem

Increased personal skills, & agency

Higher aspirations & hope for the future

Increased public understanding & empathy

Greater resilience against mental health challenges

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

Produced by Islington Music Forum Registered Charity No: 1103774 Company No: 4641867



key changes

Promoting positive mental health through music

Selected Press Coverage

Royal College of Psychiatrists Quality Improvement Network Newsletter

Barnet, Enfield and Haringey NHS Trust

Hip Hop Hospital—Urban Music Production in North London

Music has always been at the heart of North London Forensic Service. There are 11 wards, medium and low secure, male, female and learning disability and each part of the service has always accessed both music therapy and a range of music making sessions. For many service users, it has both a cultural and creative reference point and provides an outlet for thoughts and emotions and is a way of communicating using a genre of music that is personally meaningful.

Key Changes studio sessions are provided on the wards and are delivered in partnership with occupational therapists and ward staff to engage service users in culturally-relevant musical styles and activities. Using the latest music technology, Key Changes specially trained music industry mentors to support service users to engage in lyric-writing, beat-making, music production, recording, and live performances at regular open mic events. Musical genres tend towards urban styles such as hip hop, R&B, grime/trap, reggae and soul. These urban styles of music, in particular hip hop, have been linked with mental illness and culture – the 'conscious lyricism contains raw, unfiltered narration describing the harsh realities and coping mechanisms used to combat these detrimental circumstances' (www.hiphopspsych.co.uk).

Hip hop first began in the ghettos of New York and came out of areas of high social and economic deprivation which is often reflected in the lyrics. Hip hop music is filled with references to substance misuse, psychosis, addiction, childhood maltreatment, offending and broken relationships. The service users relate the themes and messages and use this genre as a backdrop to develop their own narrative in

a way that it is both safe and creative. The genre has engaged a service user group of young men and women who have grown up in and around London, often in deprived or marginalised groups and given them a voice and platform.

The sessions are either in group or individually and service users are encouraged to develop the practical skills around beatmaking and music production but also to bring the raw lyrics and poetry that they so often write in their bedrooms between sessions. The sessions with music industry professionals aim to provide an opportunity for patients to develop insight into their mental health and recovery and reflect on offending, relationships and other life experiences. The objectives are based around social inclusion and include:

- Opportunity to re-engage in a leisure interest
- Chance to spend time with others who have a common interest in music
- Develop ability to make choices, take turns and respect the views and tastes of others
- Bring patients and staff together in positive activities
- Space to foster hope and aspirations for the future

By working with skilled musicians they work towards developing professionally produced finished tracks which can be shared with friends and family, promoted on social media (subject to the relevant confidentiality/safeguarding protocols) and performed live at hospital and community events. For many service users, it is the first time their music and their stories have been so openly celebrated and validated and the sense of self-esteem and empowerment is palpable. Recently, service users who have developed skills within the sessions are taking on Experts by Experience positions and are co-producing music workshops for other service users with the musicians. This is part of the North London Forensic Service CHOICES



key changes

Promoting positive mental health through music

Recovery College where all the workshops and courses are co-developed and co-delivered with an Expert by Experience who is paid for their work. The philosophy of the CHOICES Recovery College is around hope, control, strengths, aspirations and creativity which is fully reflected in the 'Beats making and music production' workshop where a range of urban music genres are explored and service users supported to develop their voice and style.

During the sessions music mentors and patients explore potential progression to activities in the community for which ward leave can be worked towards and plans made for life post-discharge. Whilst music is the key engagement tool, the sessions are underpinned by a strong culture of supporting service users' successful transition into wider meaningful activity in mainstream settings. This includes pathways into studio sessions, volunteering opportunities at Key Changes central London studios and continued work as an Expert by Experience in the CHOICES Recovery College. The Hip Hop pathway is one that continues beyond the hospital setting and has kept service users connected and creative throughout their recovery.

**Sarah Hill, Service Manager NLFS;
Peter Leigh, Manager Key Changes and
Antony Roach, aka 7Star, Beats maker**

'Music to Our Ears'

Music is one of the most integral components of all service users. The professional musicians from Key Changes work hard to provide well organised activities, structure and progression for each service user. Personally, I have worked with Key Changes for some time now. They helped me from scratch, teaching me how to navigate the logic music programme which I still use to help me produce my work. I now have over a thousand music tracks and recently, I performed one of my tracks at the National Service User Awards in Coventry – it was really nerve-wracking but I loved having the chance to share my music with others. We have a monthly open mic session at Chase Farm run by Key Changes and this is where all the local talent in the hospital come together and express themselves lyrically. They make CDs and some attend Key Changes community studios. Key Changes is a life force to many.

By Anthony Roach

Royal College of Psychiatrists

Multi-Dimensional Diversity in Secure Hospitals

You only have to step onto a women's ward to witness the diversity in a secure hospital; not merely in terms of diagnosis, but in terms of stages of recovery and increasingly, gender. I have no experience of transgender patients on men's wards, but from what I have seen with my own eyes, and learned from fellow former secure patients, the

phenomena of women transitioning to men on women's wards has not attracted either stigma or any other significant negative responses. Similarly, I have never witnessed any racial abuse directed towards patients in secure and forensic hospitals.

The difficulties that may present because of diversity on women's wards seem to remain those based on patients presenting with a range of diagnoses as well as varying levels of risk to self and others posed by individual patients. The problems caused by a purported lack of economic provision to



/ No: 4641867



key changes

Promoting positive mental health through music

CamdenNewJournal

The Independent

Tuesday, January 27th 2020

Islington Edition

Wed 11:01

COMMUNITY



New Device S
Attacker

Twitter: @newdevice5

Mental health charity in Islington is first in country to start own music label

Key Changes will release tracks by musicians who have gone through its programme

23 January 2019 - by Emily Finch



Key Changes record label artists Ashley Weir and Danielle Tsini

His most relatable song being released on the label, according to fellow musicians, is "Mad House", a track chronicling the time when he was sectioned.

"It's like being in prison," he said. "The only difference is you have a mobile phone in hospital. People beat you up and it's not a nice feeling."

"It's worse than prison because the 10 other people you're with are all talking to demons. Anyone who has been to hospital knows what I'm talking about."

Music has been a "self-healing process", he said. "That's how I get better each year. I can say in my tunes my mum's died. I can say in my songs everything that bothers me. I keep continuing to do that."

"Each time I put it in my song it's like I've told hundreds of people. I don't need to express that news anymore. It's out in the open, it helps my mental health."



Left to Right: Danielle Tsini (aka Yella), Isaac Cabbinnah (aka ARNA), Ashley Weir (aka StickinJS)

Key Changes, based at St Luke's Community centre in Finsbury, is the first charity in the country to set up a record label.

It will release tracks by musicians who have gone through its programme.

Key Changes mentor Dan Clarke said: "We develop artists in every way. We've got to the point we work hard with the artists producing their music and they say to us: 'What's next?' This is it."



Key Changes artist performing

Ashley Weir, 31, known as StickinJS, is a grime artist from Highbury who chronicles his tough childhood in his lyrics. He came to Key Changes 10 years ago after being sectioned and diagnosed with bipolar disorder.

Daniella Tsini, 36, aka Yella, says her Key Changes EP is called heya-darlin because of an abiding memory from childhood while growing up around Parliament Hill.

"I used to sing in my mum's house, loud, out the windows. There was a girl in the house opposite doing the same. All the neighbours would say to me: 'Hi darling' and I miss that part of the community because I live alone now."

Isaac Cabbinnah, 25, aka ARNA, agreed that music was a healing process, adding: "Key Changes gives you a chance to express yourself through music."

The jazz musician's EP released through the charity will be called Melanin Momentum.

An open mic launch will be staged at St Luke's Community Centre, in Central Street, on Thursday (January 31) from 4pm to 6pm.

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

Produced by Islington Music Forum Registered Charity No: 1103774 Company No: 4641867



key changes

Promoting positive mental health through music

The Islington Gazette

The Gazette (Thursday, February 7, 2019)

21

WHAT'S ON

Sound of music is vital for mental health charity as it launches own record label

The positive impact of music on our mental health is well documented, and you can clearly see the link between the two at Key Changes - a small charity housed on the top floor of the St Luke's Community Centre.

Founded around 20 years ago at the Highgate Mental Health Centre, today Key Changes is a powerful instrument of recovery for people suffering with mental health issues.

The charity provides a "music industry focused recovery programme" for patients afflicted with depression, anxiety, PTSD, bipolar and schizophrenia, providing its people with access to industry professionals as well as the tools and support to express themselves. On Thursday of last week, the charity reached a new milestone with the launch of its own label - Key Changes Records.

"People experiencing mental health issues can come to our studio and have quality time with industry producers," says CEO Peter Leigh.

"The whole aim is to create a professional-quality record. We then take the music out to the public by regularly hosting concerts and open-mic nights."

"A lot of the activity around making a record is actually quite therapeutic. Press shots can help build confidence, writing an artist biography encourages people to explore their life journey, and social media can teach new skills and help our people connect with the outside world, when they've often come from a place of complete social isolation."

With around 10 producers, five part-time staff and a board of trustees, artists signed to Key Changes Records benefit from professional guidance in the studio, as well as marketing, business advice and help with



Mad House EP by Ashley Weir, aka Sticks15, is the label's first release.



Richard Lawrence, otherwise known as Poetic Justice, is another featured artist.

problems like addiction and debt.

"The unique thing about our charity is that our team are all music industry professionals," adds Leigh.

"When they aren't here, they are producing, performing, plugging, because of that we do have expertise in-house to set things up."

"The music industry is brutal. There are plenty of cases of people being pushed to their very limits by the pressures, the sort of anxiety that touring and promotional duties can place on

people. There are loads of reasons that it can be a difficult place."

"By providing a safe, supportive environment for an artist's development journey, we're hoping to address some of the failings of the industry."

Before her occupational therapist referred her to Key Changes, 34-year-oldbecca Stacey felt lost and unenthusiastic about her recovery from depression and anxiety.

"Instantly I felt like this was the place to be," she says, "as everyone here was so supportive."

"It's a lovely, calm and creative environment."

"I'd been writing and singing all my life, but didn't have the confidence to do anything about it. Key Changes gave me that confidence as well as the room and support to do it. My mental health is so much better, I am a new person really."

"I like to tell stories about what I've been through and share songs that reach out to the audience with a mutual understanding. It's so great when you see people singing back at you, coming up to

you after and saying 'I felt what you were singing about'."

The charity receives support from Islington Council and Islington Clinical Commissioning Group, and the launch of its record label has been funded by Arts Council England, it offers help to 3,000 people a year.

Key Changes' debut release is the Mad House EP, courtesy of Islington grime artist Ashley Weir (otherwise known as Sticks15), who credits music for his recovery from bipolar disorder.

Leigh adds: "We have had people on hospital wards who have been sectioned and lost everything, and yet six months later they've been on stage at the Cally Four, performing an original song they wrote which has been professionally produced."

"The most rewarding part of this job is seeing people recover from serious mental health crises through the joy of music."

"We will take people who have been referred by doctors, hospital staff or by themselves - we'll get to know them, find out what they want to achieve with their music, then confirm the sessions that we can provide. We never turn anyone away."

Dan Spence



Islington residentbecca Stacey is a Key Changes artist.



Peter Leigh is Key Changes' CEO.

Key Changes is based at St Luke's Community Centre, 90 Central Street, EC1V 8AJ. More details at keychanges.org.uk

St. Luke's Centre, 90 Central Street, London EC1V 8AJ

020 7549 8172 // info@keychanges.org.uk

www.keychanges.org.uk

Produced by Islington Music Forum Registered Charity No: 1103774 Company No: 4641867



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD

FINANCIAL STATEMENTS

31 MARCH 2019

Company Number 4641867

Charity Number 1103774



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
YEAR ENDED 31 MARCH 2019**

Name of Organisation	Islington Music Forum Ltd
Registered Office	Highgate Mental Health Centre Dartmouth Park Hill London N19 5NX
Charity Registration Number	1103774
Company Registration Number	4641867
Trustees	Adam Thomas, Chair Johnny Brown (Appointed Feb 2019) Teresa Clarke, Vice Chair (Resigned Mar 2019) Ashley McKenzie Claire Scivier Mark Vincent
Management Committee	Adam Thomas, Chair Johnny Brown (Appointed Feb 2019) Teresa Clarke, Vice Chair (Resigned Mar 2019) Ashley McKenzie Claire Scivier Mark Vincent Peter Leigh, Secretary
Bankers	TSB Archway Branch 19 Highgate Hill London N19



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS YEAR ENDED 31 MARCH 2019

I have examined the accounts of the charity for the period ended 31st March 2019, which are set out on pages 3 to 10.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

BASIS OF EXAMINER'S REPORT

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 seeking explanations from you as 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.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep proper accounting records in accordance with section 386 of Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mohammad Jameer
Voluntary Action Islington
200 Pentonville Road,
London N1 9JP
10th December 2019



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE
INCOME AND EXPENDITURE ACCOUNT)
YEAR ENDED 31 MARCH 2019**

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
INCOME FROM					
Donations & legacies	2	8,209		8,209	4,812
Income from charitable activities	3	144,243	106,469	250,712	175,538
Investment income					
TOTAL INCOME		<u>152,452</u>	<u>106,469</u>	<u>258,921</u>	<u>180,350</u>
 EXPENDITURE ON					
Cost of raising funds	4	(12,352)		(12,352)	(3,718)
Charitable activities	5	(148,055)	(87,831)	(235,886)	(189,393)
TOTAL EXPENDITURE		<u>(160,407)</u>	<u>(87,831)</u>	<u>(248,238)</u>	<u>(193,111)</u>
NET INCOME /(EXPENDITURE) FOR THE YEAR		(7,955)	18,638	10,683	(12,761)
 RECONCILIATION OF FUNDS					
Total funds brought forward		17,675	8,862	26,537	39,298
TOTAL FUNDS CARRIED FORWARD		<u>9,720</u>	<u>27,500</u>	<u>37,220</u>	<u>26,537</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities

The notes on pages 5 to 10 form part of these financial statements.

- 3 -

St. Luke's Centre, 90 Central Street, London EC1V 8AJ
020 7549 8172 // info@keychanges.org.uk
www.keychanges.org.uk

Produced by Islington Music Forum Registered Charity No: 1103774 Company No: 4641867

- 21 -



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD BALANCE SHEET YEAR ENDED 31 MARCH 2019

Company No 4641867

	Note	2019 £	£	2018 £	£
CURRENT ASSETS					
Cash at Bank and in Hand	6	27,351		22,713	
Debtors	7	15,495		15,000	
		<u>42,846</u>		<u>37,713</u>	
CREDITORS: Amounts falling due within one year	8	<u>(5,626)</u>		<u>(11,176)</u>	
NET CURRENT ASSETS			<u>37,220</u>		<u>26,537</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>37,220</u>		<u>26,537</u>
CREDITORS: Amounts falling due after one year					
NET ASSETS			<u>37,220</u>		<u>26,537</u>
CHARITY FUNDS					
Unrestricted Funds	9		9,720		17,675
Restricted Funds	10		27,500		8,862
TOTAL FUNDS			<u>37,220</u>		<u>26,537</u>

For the year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies' regime and in accordance with the Financial Reporting Standard 102

These financial statements were approved by the Trustees on:

Adam Thomas (Chair):

Mark Vincent:

 11.12.19


The notes on pages 5 to 10 form part of these financial statements

- 4 -



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2019

1. ACCOUNTING POLICIES

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Income

All incoming resources are included in the Statement of Financial Activities when the company is legally entitled to the income and the amount can be quantified with reasonable accuracy, except as follows:

- When donors specify that donations and grants given to the charity must be used in a future accounting period, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

The value of services provided by volunteers has not been included

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis

General funds

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the charitable objects of Islington Music Forum and which have not been designated for particular purposes

Restricted funds

Restricted income received are accounted for separately as restricted funds and are used for the purposes specified by the donor

2. DONATION AND LEGACIES:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Donations	8,209		8,209	4,812
	<u>8,209</u>	<u></u>	<u>8,209</u>	<u>4,812</u>



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2019

2a. DONATION AND LEGACIES: DONATIONS:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Last Night DJ Foundation				2,515
Miscellaneous	8,209		8,209	2,297
	<u>8,209</u>	<u></u>	<u>8,209</u>	<u>4,812</u>

3. INCOME FROM CHARITABLE ACTIVITIES:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Grants	13,133	106,469	119,602	47,067
Fees	131,110		131,110	128,471
	<u>144,243</u>	<u>106,469</u>	<u>250,712</u>	<u>175,538</u>

3a. INCOME FROM CHARITABLE ACTIVITIES: GRANTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Arts Council		13,500	13,500	
Awards For All		9,800	9,800	
Barchester Charitable Foundation		500	500	
BUPA		22,989	22,989	
D Oyly Carte Charitable Trust		3,000	3,000	
Islington CCG				19,700
LB Islington	13,133	5,000	18,133	5,000
Lloyds Bank Foundation		25,000	25,000	
London Catalyst		4,000	4,000	
Mercers Trust				17,723
Mrs Smith and Mount Trust		4,680	4,680	
Postcode Community Trust		18,000	18,000	
Youth Music				4,644
	<u>13,133</u>	<u>106,469</u>	<u>119,602</u>	<u>47,067</u>

3b. INCOME FROM CHARITABLE ACTIVITIES: FEES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Music Engagement and Recovery				
Services and Musical Performances	131,110		131,110	124,311
Hires				4,160
	<u>131,110</u>	<u></u>	<u>131,110</u>	<u>128,471</u>

- 6 -



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2019**

4. COSTS OF GENERATING FUNDS:

	Total Funds 2019 £	Total Funds 2018 £
Fundraising	12,352	3,718
	<u>12,352</u>	<u>3,718</u>

5. COSTS OF CHARITABLE ACTIVITIES:

	Total Funds 2019 £	Total Funds 2018 £
Staff Costs	32,445	36,292
Support Costs	29,680	23,828
Direct Project Expenditure	168,954	124,338
Governance	4,807	4,935
	<u>235,886</u>	<u>189,393</u>

5a. STAFF COSTS:

	Total Funds 2019 £	Total Funds 2018 £
Staff Salaries	32,445	36,292
Employers NI	32,445	36,292
	<u>32,445</u>	<u>36,292</u>

The average number of employees during the year was two.



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2019

5b. SUPPORT COSTS:

	Total Funds	Total Funds
	2019	2018
	£	£
Volunteers Expenses	887	356
Office and Studio Rent	21,884	19,440
Marketing/Publicity/Website	1,219	645
Printing,Postage,Stationery	1,816	579
Telecommunications	2,166	1,160
Computer Expenses	668	552
Equipment	275	92
Membership/Subscription	152	143
Insurance	439	426
Miscellaneous	174	435
	<u>29,680</u>	<u>23,828</u>

5c. DIRECT PROJECT EXPENDITURE:

	Total Funds	Total Funds
	2019	2018
	£	£
Musicians and Tutors	150,043	104,005
Other Programme Expenditure		47
Facilitators	1,345	
Equipment	5,535	3,434
Events/Festivals/Activities	9,619	15,953
Film and Radio Production	72	73
Travel & Other Expenses	2,340	826
	<u>168,954</u>	<u>124,338</u>

5d. GOVERNANCE:

	Total Funds	Total Funds
	2019	2018
	£	£
Independent Examination	775	750
Bookkeeping	2,030	1,910
DBS	472	
Bank Charges	140	280
AGM/Board Meeting Expenses	1,390	1,995
	<u>4,807</u>	<u>4,935</u>



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2019**

6. CASH AT BANK AND IN HAND

	2019 £	2018 £
TSB	27,351	22,713
Petty Cash		
	<u>27,351</u>	<u>22,713</u>

7. DEBTORS

	2019 £	2018 £
Accrued Income	15,000	15,000
Other Debtors	495	
	<u>15,495</u>	<u>15,000</u>

8. CREDITORS: Amounts falling due within one year

	2019 £	2018 £
Accruals Independent Examination	775	750
Inland Revenue	4,851	10,426
	<u>5,626</u>	<u>11,176</u>



key changes

Promoting positive mental health through music

ISLINGTON MUSIC FORUM LTD NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2019

9. UNRESTRICTED INCOME GENERAL FUNDS:

	Balance at 1 April 2018	Incoming resources	Outgoing resources	Transfers In/(Out)	Balance at 31 Mar 2019
General	17,675	152,452	(160,407)		9,720
	<u>17,675</u>	<u>152,452</u>	<u>(160,407)</u>	<u>—</u>	<u>9,720</u>

10. RESTRICTED INCOME FUNDS:

	Balance at 1 April 2018	Incoming resources	Outgoing resources	Transfers In/(Out)	Balance at 31 Mar 2019
Hospital Programme		19,300	(19,300)		
Community Programme	8,862	62,169	(65,031)		6,000
Lloyds Bank Foundation		25,000	(3,500)		21,500
	<u>8,862</u>	<u>106,469</u>	<u>(87,831)</u>	<u>—</u>	<u>27,500</u>

11. SUMMARY OF NET ASSETS BY FUNDS:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Net Current Assets	9,720	27,500	37,220	26,537
Creditors due in more than a year				
	<u>9,720</u>	<u>27,500</u>	<u>37,220</u>	<u>26,537</u>



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2019**

The following pages do not form part of the statutory financial statements

- 11 -

**St. Luke's Centre, 90 Central Street, London EC1V 8AJ
020 7549 8172 // info@keychanges.org.uk
www.keychanges.org.uk**

- 29 -



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2019**

	2019 £	2018 £
INCOME FROM		
DONATION AND LEGACIES		
Donations		
Last Night DJ Foundation		2,515
Miscellaneous	8,209	2,297
	<u>8,209</u>	<u>4,812</u>
INCOME FROM CHARITABLE ACTIVITIES		
Grants		
Arts Council	13,500	
Awards For All	9,800	
Barchester Charitable Foundation	500	
BUPA	22,989	
D Olyly Carte Charitable Trust	3,000	
Islington CCG		19,700
LB Islington	18,133	5,000
Lloyds Bank Foundation	25,000	
London Catalyst	4,000	
Mercers Trust		17,723
Mrs Smith and Mount Trust	4,680	
Postcode Community Trust	18,000	
Youth Music		4,644
Fees		
Music Engagement and Recovery		124,311
Services and Musical Performances	131,110	4,160
Hires		
	<u>250,712</u>	<u>175,538</u>
INVESTMENT INCOME		
Bank Interest Received		
TOTAL INCOME	<u>258,921</u>	<u>180,350</u>



key changes

Promoting positive mental health through music

**ISLINGTON MUSIC FORUM LTD
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2019**

	2019 £	2018 £
EXPENDITURE		
COST OF RAISING FUNDS		
Fundraising	12,352	3,718
	<u>12,352</u>	<u>3,718</u>
CHARITABLE ACTIVITIES		
Staff Costs		
Salaries	32,445	36,292
Employers NI		
Support Costs		
Volunteers Expenses	887	356
Office and Studio Rent	21,884	19,440
Marketing/Publicity /Website	1,219	645
Printing,Postage,Stationery	1,816	579
Telecommunications	2,166	1,160
Computer Expenses	668	552
Equipment	275	92
Membership/Subscription	152	143
Insurance	439	426
Miscellaneous	174	435
Direct Project Costs		
Musicians & Tutors	150,043	104,005
Other Programme Expenditure		47
Facilitators	1,345	
Equipment	5,535	3,434
Events/Festivals/Activities	9,619	15,953
Film and Radio Production	72	73
Travel & Other Expenses	2,340	826
Governance Costs		
Independent Examination	775	750
Bookkeeping	2,030	1,910
DBS	472	
Bank Charges	140	280
AGM/Board Meeting Expenses	1,390	1,995
	<u>235,886</u>	<u>189,393</u>
TOTAL EXPENDITURE	<u>248,238</u>	<u>193,111</u>
NET INCOME / (EXPENDITURE) FOR THE YEAR	<u>10,683</u>	<u>(12,761)</u>

- 13 -

St. Luke's Centre, 90 Central Street, London EC1V 8AJ
020 7549 8172 // info@keychanges.org.uk
www.keychanges.org.uk

- 31 -