Charity Registration No. 1170086

Company Registration No. CE008142 (England and Wales)

THE HARMONY CENTRE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026



THE HARMONY CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A West	
	A Bark (Co-Chair/Secretary)	
	R Banton (Co-Chair)	
	N Rawlings (Treasurer)	(Appointed 18 April 2025)
	E Pearce	(Appointed 3 June 2025)
	E Bowtell	(Appointed 12 May 2026)
	K Locke	(Appointed 12 May 2026)
	S Avery	(Appointed 12 May 2026)
Charity number (England and Wales)	1170086	
Company number	CE008142	
Principal address	Unit 1 and 2 Edwards Tower Building St. Michaels Trading Estate Bridport Dorset DT6 3RR	
Registered office	Unit 1 and 2 Edwards Tower Building St. Michaels Trading Estate Bridport Dorset DT6 3RR	
Independent examiner	Lentells Limited Ash House Cook Way Bindon Road Taunton Somerset TA2 6BJ	

THE HARMONY CENTRE

CONTENTS

	Page
Chairman's statement	1 - 2
Trustees' report	3 - 4
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the financial statements	8 - 15

THE HARMONY CENTRE

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2026

This year has been one of significant growth, deepening need, and continued resilience for The Harmony Centre. Our community relies on us more than ever, and the scale of demand across rural West Dorset has shaped every part of our work.

In 2025–26, over 3,500 visits were made across our services. Drop-in attendance rose by 52%, confirming it as the fastest growing access point for early mental health support in West Dorset. This reflects both the pressures facing rural residents and the trust people place in our barrier free, face to face support.

Our three interconnected services, Drop-in, Access Wellbeing, and the Community Front Room now operate as a seamless system. Access Wellbeing expanded across Bridport, Beaminster, Lyme Regis and Maiden Newton, supporting 350 visitors in its first eight months. A snapshot of initial findings saw 65% of visitors improving their personal goals. The Community Front Room continued to provide compassionate crisis support, with 91% of interactions improving distress and safety measures of the targeted visitors, and several hospital admissions avoided. These outcomes demonstrate the strength of our early intervention pathways and the impact of accessible local support.

Behind the scenes, we invested heavily in the foundations that keep Harmony safe and resilient. We strengthened governance, improved financial systems, expanded staffing capacity, and introduced new data systems that evidence our impact more clearly than ever. These improvements, though less visible, are essential.

Our financial picture reflects both growth and challenge. Expenditure has more than doubled in three years due to expanded NHS commissioned services and rising Drop-in demand.

We are grateful for the funding received this year from the following donors:
All our individual donors and supporters
Albert Gubay Charitable Fund
BCHA (Bournemouth Churches Housing Association)
The National Lottery Community Fund
Dorset Community Foundation
The Alice Ellen Cooper Dean Charitable Foundation
The Valentine Charitable Trust
Dorset Council
Percy Bilton
AG Down
Paul Radford
BreatheHR
Bridport Charities
Porter Dodson
St Michaels Vintage Fair
Walditch Village Go-Carol
Bridport Hat Festival
St Mary's Church Stoke Abbott
Bridport District Gardening Club
Peter Brown
Various kind cash donations raised during local community events

We move into 2026-2027 with continued pressure on our resources and a fundraising target of over £80k to enable us to provide the continued level of service and operations for our visitors.

This year also marks an important moment of transition: Rachel Coney, our Chair of Trustees, stepped down from her dedicated leadership. Rachel has guided the Harmony Centre through significant growth, strengthened our governance, and championed the balance of data driven decision making with a compassionate heart. We extend our deepest thanks for her commitment, wisdom, and stewardship.

What remains unchanged is the ethos of the Harmony Centre: compassion, connection, and community. Visitors continue to tell us they feel “safe, valued, less alone and able to cope.” One wrote simply: “I am still here, and if you weren’t listening, I wouldn’t be.”

As we look ahead, our priorities are clear: stabilise our core, deepen our rural reach, strengthen early intervention, and protect the open-door ethos. With the right support, we will continue to be the safety net this community needs.

None of this would have been possible without the hard work and commitment of our volunteers and staff. I also want to extend particular thanks to our senior leadership team and the Board of Trustees, who have repeatedly stepped into operational gaps during moments of transition and pressure. Their willingness to go above and beyond, taking on additional responsibilities, stabilising the organisation, and ensuring continuity of care for our visitors, has been instrumental in keeping Harmony safe, resilient, and responsive. Their steady leadership and governance, practical support, and deep commitment to our mission have carried us through a demanding year, and we are profoundly grateful for their service.

The year ahead will see The Harmony Centre deepen its roots across rural West Dorset and strengthen the early intervention pathways.

We will be developing ways to increase connections and collaboration with other local service providers, organisations and local businesses.

We will also be expanding our Drop-In programme, responding to rising demand by strengthening group activities and exploring new sessions shaped by visitor feedback, including men’s wellbeing groups and rural-focused support.

Alongside this, we are developing Mental Health First Aid training for local workplaces and community groups. This will help build a more resilient community while generating new unrestricted income to support our core services.

In 2026-2027, income continues to be a focus, particularly core funds and in building a more robust and multifaceted funding stream through strengthened community and corporate ties.

Our Access Wellbeing service will continue to operate across Bridport, Beaminster, Lyme Regis and Maiden Newton, offering structured one-to-one support and rural outreach whilst also connecting our in-house services, creating a more fluid mental health support network within the centre.

If you have ideas for groups, outreach, or community partnerships, we’d love to hear from you. Your insight could help shape Harmony’s future.

Signed on 11 August 2026 @ 14:14

A Bark (Co-Chair)

Date: .....

THE HARMONY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT)

FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements for the year ended 31 March 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The Charity's objects are for the public benefit, the relief of persons suffering from, or recovering from, mental health problems by providing support, information and activities helping them further their recovery and integrate into the community. The education of the public in matters pertaining to such people.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

During the year the charity has run:

1) The Community Front Room service. This is a crisis service provided 52 weeks a year to any adult aged 18 or over who wishes to access it. It is provided under contract to the NHS through a subcontract with Bournemouth Churches Housing Association.

2) A programme of Drop-in activities. This is a year-round programme of daytime activities designed to provide support with recovery for those struggling with their mental health. It is entirely funded by grants and donations and is available to any adult aged 18 or over who wishes to access it.

3) Access Wellbeing service. A new service funded by NHS through a subcontract with Bournemouth Churches Housing Association. It offers person-centred support for anyone aged 18 and over, providing early help to prevent concerns from escalating. The West Dorset Access Wellbeing Hubs now operate in Bridport, Beaminster, Lyme Regis and Maiden Newton.

4) An ongoing series of activities designed to reduce stigma around mental health and to raise awareness of the support services available in the local area to those in need.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Financial review

Total incoming resources for the year were £500,313 (2025: £378,465) and the net surplus was £47,490 (2025: £60,330 surplus).

Total funds at 31 March 2026 were £201,175 (2025: £153,685) including restricted funds of £0 (2025: £0).

The 2026 accounts have been prepared on an accruals basis.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month’s expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity’s current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management
The charity is a registered charity.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

A West	
A Bark (Co-Chair/Secretary)	
R Banton (Co-Chair)	
R Coney (Chair)	(Resigned 17 March 2026)
A Cliffe	(Resigned 1 September 2025)
H Wright	(Resigned 9 December 2025)
N Rawlings (Treasurer)	(Appointed 18 April 2025)
E Pearce	(Appointed 3 June 2025)
E Bowtell	(Appointed 12 May 2026)
K Locke	(Appointed 12 May 2026)
S Avery	(Appointed 12 May 2026)

Recruitment and appointment of trustees
Trustees were recruited by open advertisement in local media, and were appointed in line with the Charity's Trustee Recruitment Policy.

The charity is a registered charity, first registered on 8 November 2016. The constitution was amended on 30 August 2017 and on 10 April 2024.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

The trustees' report was approved by the Board of Trustees.

Nigel Rawlings
Signed on 11 August 2026 @ 14:18

N Rawlings (Treasurer)

Date: .....

THE HARMONY CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HARMONY CENTRE

I report to the trustees on my examination of the financial statements of The Harmony Centre (the charity) for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Institure of Chartered Accountants in Engalnd and Wales, which is one of the listed bodies.

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or

4 the financial statements 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 financial statements 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 financial statements to be reached.

J M Farkas

Countersigned on 11 August 2026 @ 14:21

J M Farkas FCA
Ash House
Cook Way
Bindon Road
Taunton
Somerset
TA2 6BJ
Date: .....

THE HARMONY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:							
Donations and legacies	**3**	158,970	4,753	163,723	175,212	1,557	176,769
Charitable activities	**4**	333,248	-	333,248	199,829	-	199,829
Investments	**5**	2,842	-	2,842	1,867	-	1,867
Other income	**6**	500	-	500	-	-	-
Total income		495,560	4,753	500,313	376,908	1,557	378,465
Expenditure on:							
Charitable activities	**7**	448,070	4,753	452,823	316,578	1,557	318,135
Total expenditure		448,070	4,753	452,823	316,578	1,557	318,135
Net income and movement in funds		47,490	-	47,490	60,330	-	60,330
Reconciliation of funds:							
Fund balances at 1 April 2025		153,685	-	153,685	93,355	-	93,355
Fund balances at 31 March 2026		201,175	-	201,175	153,685	-	153,685

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE HARMONY CENTRE

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026 £	2026 £	2025 £	2025 £
Fixed assets					
Tangible assets	**12**		6,696		8,929
Current assets					
Debtors	**13**	19,053		2,200	
Cash at bank and in hand		216,529		177,077	
		235,582		179,277	
Creditors: amounts falling due within one year	**14**	(41,103)		(34,521)	
Net current assets			194,479		144,756
Total assets less current liabilities			201,175		153,685
The funds of the charity					
Unrestricted funds	**17**		201,175		153,685
			201,175		153,685

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2026.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on .....

Signed on 11 August 2026 @ 14:14

A Bark (Co-Chair/Secretary)
Chair

Signed on 11 August 2026 @ 14:13

R Banton (Co-Chair)
Chair

1 Accounting policies

Charity information

The Harmony Centre is a Charitable Incorporated Organisation incorporated in England and Wales. The registered office is Unit 1 and 2 Edwards Tower Building, St. Michaels Trading Estate, Bridport, Dorset, DT6 3RR.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Where contracted income is received in advance io the services being provided, the income is deferred and released upon delivery of those services.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Donations and gifts	158,970	4,753	163,723	175,212	1,557	176,769

4 Income from charitable activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Charitable income		
Services provided under contract	333,248	199,829

5 Income from investments

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Interest receivable	2,842	1,867

6 Other income

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Other income	500	-

7 Expenditure on charitable activities

	Charitable expenditure 2026	Charitable expenditure 2025
	£	£
Direct costs		
Staff costs	348,802	213,684
Depreciation and impairment	2,233	2,530
Light & heat	7,642	3,734
Repairs & maintenance	13,130	23,564
Activities	33,531	34,497
Sustenance	1,948	2,492
Travelling	15	649
Advertising	5,717	1,211
Staff entertainment	754	434
Bank charges	289	257
Rent	23,230	24,292
Staff training	3,306	4,370
	440,597	311,714
Share of support and governance costs		
Support	2,155	243
Governance	10,071	6,178
	452,823	318,135
Analysis by fund		
Unrestricted funds	448,070	316,578
Restricted funds	4,753	1,557
	452,823	318,135

8 Net movement in funds

	2026	2025
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	2,601	3,451
Depreciation of owned tangible fixed assets	2,233	2,530

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2026 Number	2025 Number
	22	15

Employment costs	2026 £	2025 £
Wages and salaries	316,045	198,980
Social security costs	21,875	7,790
Other pension costs	10,882	6,914
	348,802	213,684

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Plant and equipment £
Cost	
At 1 April 2025	11,459
At 31 March 2026	11,459
Depreciation and impairment	
At 1 April 2025	2,530
Depreciation charged in the year	2,233
At 31 March 2026	4,763
Carrying amount	
At 31 March 2026	6,696
At 31 March 2025	8,929

13 Debtors

	2026	2025
Amounts falling due within one year:	**£**	**£**
Trade debtors	16,697	45
Prepayments and accrued income	2,356	2,155
	19,053	2,200

14 Creditors: amounts falling due within one year

	Notes	2026	2025
		£	**£**
Bank overdrafts	**15**	658	1,172
Other taxation and social security		5,671	3,475
Trade creditors		4,769	8,134
Other creditors		25,000	20,000
Accruals and deferred income		5,005	1,740
		41,103	34,521

15 Loans and overdrafts

	2026	2025
	£	**£**
Bank overdrafts	658	1,172
Payable within one year	658	1,172

16 Retirement benefit schemes

	2026	2025
Defined contribution schemes	**£**	**£**
Charge to profit or loss in respect of defined contribution schemes	10,882	6,914

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2025	Incoming resources	Resources expended	At 31 March 2026
	£	£	£	£
General funds	153,685	495,560	(448,070)	201,175

Previous year:	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
General funds	93,355	376,908	(316,578)	153,685

18 Related party transactions

There were no disclosable related party transactions during the year (2025 - none).