Seed Sessions
(a Charitable Incorporated Organisation)

Annual Report and Financial Statements
For the Period Ended 31 December 2025

Charity Registration Number: 1206526

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Reference and administrative details

Trustees	Rea Mole Paul Satterly Edd Stone Isie Potter Daniel Lydon (appointed 07 February 2025) Lawottim Anywar (appointed 07 February 2025) Jane Lings (appointed 07 February 2025)
Registered Charity Number	1206526
Registered Office	Seed Sessions, Po Box 81989, London, NW3 9GD

Aims and Objectives

Seed Sessions is a Charitable Incorporated Organisation registered in the United Kingdom with the Charity Commission (no. 1206526).

The charity's objects are for the public benefit to relieve the needs of young, male identifying, emerging musicians who are experiencing or who are at risk of experiencing poor mental health by:

- Supporting such musicians to access talking therapy.
- Enabling such musicians to obtain mentoring support and develop their music-making as a healthy practice.
- Raising public awareness, promoting understanding and challenging negative stigma and discrimination in relation to mental health.

Review of Activities and Achievements

Standard sessions

During the period Seed Sessions has completed two cohorts, providing care to new participants. Within an active cohort cycle we provide each participant with:

- fortnightly talking therapy with our approved counsellors.
- monthly mentorship sessions with our professional musician mentors.
- recording time at dBsPro studio in Bristol, with whom we have built a strong partnership.

In September 2025 we acquired an additional male therapist to our counselling team.

Top-up sessions

We are providing our participants with 6 extra counselling sessions which can be activated after the first 6 months. Alongside that we have extended our mentorship programme by providing 3 more mentorship sessions. This gives each Seed Sessions participant 12 talking therapy sessions and 6 music mentorship sessions in their first year.

Seed Sessions Jam

Seed Sessions Jam was created and is led by a former participant who has since been appointed as a Trustee to the charity. The jam is a monthly get together for musicians to express themselves musically and verbally, and it has garnered increasing recognition within Bristol and the surrounding areas. We are proud of the progress and impact that Seed Sessions Jam has achieved to date.

In October, Seed Sessions Jam evolved into Let's Talk Jam. It allows the jam session to spread its wings and support multiple charities. Our organisation will always be at the forefront of their fundraising activities.

Relationship Building and Partnerships

This year we have solidified our valuable relationships with our various partners. All partners have helped us raise awareness, reduce stigma and provide musical opportunities. Our partners include:

- Camp Kerala
- Busker's Banquet
- St George's Bristol
- dBS Pro
- Pirate Studios (have provided studio time for our participants via their 'Studios for All' scheme.)
- Musicians, Joe Armon-Jones and Cousin Kula (joined as Ambassadors for the charity.)

Public Benefit

During the year under review, Seed Sessions hosted a live podcast at The Gallimaufry in Bristol on 9th December 2025. The event had a particular focus on grief and mental health, and featured poems from Mark De'Lisser and music from Komposa, Waldo's Gift, Let's Talk Jam and Binbag Wisdom. We also had a panel discussion, hosted by Isie Potter (Founder of Seed Sessions) who teamed up with Cory Stewart (Seed Sessions Counsellor) Sophie Wilsdon (Bristol Drugs Project - Creative Communities Founder) Jane Lings (Music Therapist and Trustee of Seed Sessions) and Alun Elliott-Williams (Musician).
It was recorded and uploaded to Spotify and our website.

The charity also had information stalls at events in and around Bristol. For example, Wisdom - a community event raising awareness of men's mental health, Someday Festival, hosted by Frankie Stew and Harvey Gunn and Analogue Lounge Day Party at Trinity Centre, Bristol. These have provided important opportunities to raise awareness, reduce stigma and discuss with individuals interested in our work.

Seed Sessions has continued to deliver meaningful public benefit, particularly through the introduction of Let's Talk Jam which supports and endorses the work of Seed Sessions.

Structure, Governance and Management

Seed Sessions is registered as a Charitable Incorporated Organisation with the Charity Commission for England and Wales. It is governed by its Constitution 4 January 2024.

Trustees are normally elected by the current Board of Trustees in a general meeting. Seed Sessions has been successful in bridging its skills gaps to recruit new Trustees since the reporting date.

Each new trustee receives induction sessions with the Chair, where they are provided with the background to the charity and receive guidance on their role and responsibilities as a trustee of the charity. Training is provided to new Trustees by reference to the Charity Governance Code and the Charity Commission's 'The Essential Trustee' guidance.

During the reporting period the Board of Trustees oversaw the charity's strategic direction, with day-to-day operations being managed by the Centre Director.

Relationships and transactions with related parties are recorded as they occur. A register of declared interests is maintained by the Secretary and reviewed on an annual basis. There were no transactions with related parties during the period.

Financial Review

During the reporting period to 31 December 2025 incoming resources have been recorded of £19,628 (2024: £12,869). This income consisted mainly of donations from events. Resources expended during the period have totalled £11,913 (2024: 9,052), of which the majority relates to counselling and music mentorship services.

The charity's total reserves at the reporting date amount to £7,715 (2024: £3,817) which has exceeded budgeted activity for the reporting period. All of this balance is held as unrestricted funds.

Reserves Policy

It is the intention of the Trustees that the freely available reserves of the charity should be accumulated up to a level sufficient to ensure the continuance of its activities should there be an unexpected short-term fluctuation in income. These freely available reserves are unrestricted funds not committed or invested in tangible fixed assets. A sufficient level of free reserves would guarantee the continuation of the charity's activity, whilst decisions and actions were taken to find other sources of income or reduce the level of a particular activity.

The Trustees consider that an appropriate level of free reserves is approximately three months' normal expenditure, plus a contingency allowance for unforeseen commitments. At the reporting date the charity's free reserves were in excess of this requirement.

Going concern

The Trustees have given due consideration to the charity's ability to meet its obligations for the foreseeable future. Given the robust reserves policy in place, the Trustees consider it is appropriate to adopt the going concern principle in preparing these financial statements.

Remuneration of Key Management

Key Management Personnel consists solely of the charity Trustees, none of whom are remunerated for their services. There were no transactions with the Trustees during the reporting period.

Plans for Future Periods

In line with our 3-year budget, allowing us to continue our work comfortably, Seed Sessions is following a medium sized plan.
In order to maximise impact we aim to continue providing 2 full cohorts a year, typically done in Q3 and Q4.

We also plan to expand our reach and into a new city in 2026. We have been working with Liverpool City Council to provide a cohort in Q4 2026.

Our budget includes funding for:
Continued Top Up Sessions for our participants.
Expanding Group Therapy
Providing more studio time
Funding a Seed Sessions Concert

Principal Risks and Uncertainties

The charity continues to operate in a period of economic uncertainty and rapid change within the United Kingdom. Work has been done to acquire more funding and the organisation is on track to exceed the previous year's funding. The additional funds from Gift Aid has helped towards achieving this.

Responsibilities of the Trustees

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

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);

- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Signed by order of the Board of Trustees



Aug 19, 2026

Edd Stone

Seed Sessions

Statement of Financial Activities (incorporating an income and expenditure account)
For the period ended 31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	**Total funds 2025 £**	Total funds 2024 £
Income from:					
Donations	3	8,228	-	**8,228**	10,869
Charitable activities	4	-	11,400	**11,400**	2,000
Total		8,228	11,400	**19,628**	12,869
Expenditure on:					
Charitable activities		513	11,400	**11,913**	9,052
Total	5	513	11,400	**11,913**	9,052
Net income and movement		7,715	-	**7,715**	3,817
Transfers between funds	9	-	-	**-**	-
Net movement in funds		7,715	-	**7,715**	3,817
Total funds carried forward	9	7,715	-	**7,715**	3,817

Seed Sessions

Balance sheet as at 31 December 2025

	Notes	2025 £	2024 £
Current assets			
Cash at bank and in hand		**11,532**	3,817
		11,532	3,817
Current liabilities		**-**	-
Net current assets		**11,532**	3,817
Net assets	9	**11,532**	3,817
Funds			
Unrestricted funds	9	**7,715**	3,817
Total funds		**7,715**	3,817

The Trustees acknowledge their responsibilities for:

(a) ensuring that the organisation keeps proper accounting records; and
(b) preparing accounts which give a true and fair view of the state of affairs of the

The accounts 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) (effective 1 January 2019).

The financial statements were approved by the Board on Aug 19, 2026 and were signed on its behalf by:

.....
Edd Stone
Trustee

Seed Sessions

Cash flow statement for the period ended 31 December 2025

	Notes	**2025** **£**	2024 £
Cash flows from operating activities		**7,715**	3,817
Increase in cash at bank and in hand during the year		**7,715**	3,817
Cash balances at the start of the financial year		-	-
Cash balances at the end of the financial year		**7,715**	3,817

The following notes form part of these financial statements

Notes for the period ended 31 December 2025

1 Accounting policies

1.1 Legal status of the charity

Seed Sessions was founded in the United Kingdom as a Charitable Incorporated Organisation (charity number 1192453) on 12 January 2025. Its registered address is St Brandons House, 29 Great George Street, Bristol, BS1 5QT. The number of members as at 31 December 2025 was four, as disclosed in the Trustees' Annual Report.

1.2 Basis of preparation

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) (effective 1 January 2019).

1.3 Going concern

The financial statements are prepared on the going concern basis. The charity has reported strong financial performance during the reporting period.

The charity holds a strong financial position at the reporting date and the Trustees have set a robust reserves policy to ensure all foreseeable financial commitments can be met as they fall due.

1.4 Income

Grants, donations and other income are credited to the statement of financial activities in the year to which they relate. Grants and donations will be recognised on an accruals basis, when receipt is probable and amounts are measureable. Other income, including investment income, is recognised on an accruals basis.

Income is recognised when the conditions of entitlement, probability and measurement have been met, unless it relates to a specific future period, in which case it is deferred. Contract income is recognised over the life of the assignment or upon the satisfactory completion of milestones where these exist.

1.5 Expenditure

Expenditure is accrued as soon as a liability is considered probable. Charitable activities include expenditure associated with the provision of reforestation services and includes both the direct costs and support costs relating to these activities.
Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements and are included within support costs.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Only assets costing in excess of £500 are capitalised. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Plant and machinery	25% straight line

1.7 Creditors
Creditors are recognised when 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 are normally recognised at their settlement amount after allowing for any trade discounts due. Concessionary loans received which are repayable on demand are measured at the amount received and no adjustment is made.

1.8 Debtors
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.

1.9 Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.10 Taxation
As a charity the organisation is exempt from UK corporation tax to the extent that its income is applied to its charitable objects. No liability arose in the period.

The charity is registered for VAT.

1.11 Funds
The unrestricted income fund consists of funds to be used for the purposes of the charity's objectives at the discretion of its Trustees, and to meet overheads.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in Note 9 to the financial statements.

1.12 Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.13 Critical accounting estimates and key sources of estimation uncertainty
Preparation of the financial statements requires management to make judgements and estimates. The Trustees consider that there are no material judgements or sources of estimation in applying accounting policies.

2 Comparative Statement of Financial Activities

The table below gives comparative figures for the prior period:

	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**
Income from:			
Donations	10,869	-	**10,869**
Charitable activities	-	2,000	**2,000**
Total	10,869	2,000	**12,869**
Expenditure on:			
Charitable activities	7,052	2,000	**9,052**
Total	7,052	2,000	**9,052**
Net income and movement	3,817	-	**3,817**
Transfers between funds	-	-	**-**
Net movement in funds	3,817	-	**3,817**
Total funds carried forward	3,817	-	**3,817**

3 Donations

	2025	2024
	£	£
Donations	**8,228**	10,869
	8,228	10,869

4 Incoming resources from charitable activities

	2025	2024
	£	£
Grant funding	**11,400**	2,000
	11,400	2,000

5 Analysis of total expenditure

	Direct costs	Support costs	2025	2024
	£	£	**£**	£
Charitable activities				
Therapy and mentorship	5,102	6,811	**11,913**	9,052
Total expenditure	**5,102**	**6,811**	**11,913**	9,052

6 Support costs

	2025	2024
	£	£
Salaries	**4,583**	1,150
Advertising/Promotional	**1,544**	951
General expenses	**561**	119
Travel and accomodation	**123**	995
	6,811	3,214

7 Staff costs and Trustee remuneration

The Charity had no employees during the reporting period. No Trustee or any person connected with a Trustee has received or is due to receive any remuneration.

There are no further transactions with related parties.

8 Financial commitments

At 31 December 2025 the company had no disclosable financial commitments.

9 Reconciliation of movement in funds

For the period ended 31 December 2025:

	As at 1 January 2025	Income	Expenditure	At 31 December 2025
	£	£	£	**£**
Restricted funds				
Quartet Community Foundation	-	4,196	(4,196)	**-**
Unrestricted funds				
General fund	3,817	15,432	(7,717)	**7,715**
TOTAL FUNDS	3,817	3,817	(11,913)	**7,715**

A restricted grant was received during the year from the Quartet Community Foundation to support the delivery of a further intake of the music mentorship programme in Bristol.