



North Yorkshire  
**Music Therapy Centre**

Registered Charity

**REPORT AND ACCOUNTS**

**Year ended 31 December 2023**

## REPORT OF THE TRUSTEES

*Charity name:* North Yorkshire Music Therapy Centre

*Registered Number:* 702533

*Address:* The Byre, Wath Court,  
Hovingham,  
North Yorkshire YO62 4NN

### *The Charity's trustees*

Sir Frederic Strickland-Constable (President); Caroline Hall (Chair until 11 July; resigned as Trustee 30 October); Jo Danischewsky (Acting Chair from 11 July); Alec Dickson (Secretary); Nicholas Hammond (Treasurer); Bernadette Cullen (from 11 July); Keith Dunsdon (to 17 September); Christine Hines; Sue Hoggett

### *Banker*

Virgin Money  
46 Coney Street  
York YO1 9NQ

### *Independent examiner*

Ian Smithson  
3 Orchard Court, Northallerton  
North Yorkshire DL7 8DQ

### *Employees*

Director of Music Therapy	Laura Festa
Music Therapists	Jane Troughton (until 27 January) Emma Butler (until 23 June) Stephen Poon (from 1 September)
Community Musician	Thomas Merson (from 1 September)
Office Administrator	Michelle Cookson

## **Structure, governance, and management**

### *Governing document*

North Yorkshire Music Therapy Centre was established by a constitution on 14 December 1989 and amended on 28 November 1996 and again on 1 February 2000.

### *Trustees' role and selection*

The Trustees of the charity are responsible for managing risk in relation to the activities and structure of the charity. The different aspects of the work of the charity are regularly reviewed at quarterly Trustee meetings, and, wherever possible, control systems are established to mitigate any identified risks. New Trustees are appointed by agreement of the existing trustees.

### *Operational management of the charity*

The operation of the charity is organised by the Director of Music Therapy, who oversees the use of other therapists and musicians (both employed and freelance) and volunteers, to deliver the services provided; this work is supported by the Office Administrator.

### *Financial risk assessment*

1. Our existing commitments for salaries and associated costs are not fully covered by our funds from therapy fees. There is therefore a significant fundraising target to achieve each year. The Trustees and staff are committed to assisting with applications to charitable trusts and other granting bodies, and to supporting a variety of fund-raising activities.
2. The long-term ill-health of any employee will put the charity at risk both in terms of finances and of reputation. In the light of the stressful nature of the work, the Trustees have reviewed the process of risk assessment carried out by the therapists to ensure that sufficient emphasis is placed on identifying and mitigating risk to health, particularly mental health. Each therapist is responsible for maintaining a manageable and varied workload and is provided with regular clinical supervision.
3. The investments of the charity are managed by Mark Calvert and Nicholas Wheatley of HKA (FS) Ltd, York and latterly of Succession Wealth, York, who act on behalf of the charity's Trustees to ensure proper management of the funds.
4. In the event of the charity winding up its activities due to a lack of funds, all remaining assets will be donated to another Music Therapy charity with the prior agreement of the Charity Commissioners. Every effort would be made to find therapists for existing clients.

## **Public Benefit Statement**

The trustees confirm that the charity has complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. This report illustrates how the charity delivers public benefit.

## Main activities

### Provision

Throughout 2023, the charity provided inclusive music and music therapy sessions in both clinical and community settings. These sessions were conducted by the Director of Music Therapy, two employed music therapists, and a freelance community musician.

For our clinical work, we collaborated with two SEN schools in Scarborough (pictured on right), one in York (pictured below left), the Croft Community Camphill Village Trust in Old Malton, S.E.N.S.E.S (Special Education Needs Social Emotional Support) in Scarborough (pictured below right), and a number of private clients. We provided clinical support for up to 100 individuals, aged 4 to 60 years, with additional needs.



In collaboration with local organisations and charities, our community inclusive groups have been ongoing throughout the year. These include a dementia-friendly singing group (below); an inclusive sing and sign group for families; a singing group focused on



mental health (top left, next page); an inclusive parents, carers, and toddlers group; and an inclusive programme for children with additional needs during the summer break (top right, next page).



We have also started new community music therapy projects as part of our development as providers in the Social Prescribing Scheme. We set up a Music Therapy Hub in Kirkbymoorside to support adults' mental health and, in collaboration with Scarborough Ryedale Mind and, as part of the Mental Health Transformation Scheme, we set up a music therapy program in Scarborough for adults with eating disorders.

In 2023, we successfully delivered a total of 824 sessions, including 445 individual sessions and 377 group sessions. We reached up to 200 participants across the region, ranging in age from 0 to 90 years old.

#### *Promotion and Development*

The charity's work consists of the provision of music therapy in clinical and community settings and the promotion of the relevance of music therapy to health and wellbeing.

The Director has delivered a range of talks and workshops for local referring groups and community organisations that have shown interest. We also dedicate significant efforts to promote music therapy as a viable career path for music students. Our Director was invited to give lectures at a number of local universities, enlightening students about the rewarding opportunities in this field. Furthermore, the Charity has established valuable partnerships by offering placements for students and providing training for postgraduates enrolled in the Community Music MA course at the University of York.

Through these initiatives, we aim to spread awareness about the powerful impacts of music therapy and create pathways for individuals to explore and engage with this transformative approach.

## Support for NYMTC

1. *Financial support.* We are grateful to the following bodies supporting our work in 2023:

- D'Oyly Carte Charitable Trust
- Jack Brunton Trust
- Jessie's Fund
- Making a Difference Locally (NISA)
- NYC Community Mental Health (Bright Sparks)
- NYC Early Help Fund
- NYC Stronger Communities Fund
- Postcode Neighbourhood Trust
- Ryedale Community Fund
- Shepherds Group Community Support Fund
- St James's Place Charitable Foundation
- Tesco Community Fund
- The Brelms Trust
- The Edward Gostling Foundation
- The Garfield Weston Foundation
- Two Ridings Community Foundation
- W W Spooner Charitable Trust

2. *Community Support.* We are grateful to our many generous supporters through the year, particularly the Friends of the North Yorkshire Music Therapy Centre, new and old, who support our events and help us so generously with regular donations.

## Financial review

Following our healthy financial surplus in 2022 (£22,711), the Board made the decision to increase our staffing for the last four months of 2023, aware that this might require a call on our investment funds over the short term but with the likelihood of increased income longer term. The change in staffing is reflected in the increased expenditure over the year (£146,200, compared with £117,875 in 2022). Whilst our income from donations and therapy fees did increase, we were less successful with grant funding (£49,100 compared to £88,474 in 2022), in part due to the reduction in local funding opportunities following the abolition of Ryedale District Council from April 2023 and its transfer to the North Yorkshire Unitary Authority. In result, our overall deficit was £23,649 despite a transfer of £20,000 from our investments. We have revised our funding strategy for 2024.

## Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees

Signature:

A handwritten signature in black ink that reads "Joanna Danischewsky". The signature is written in a cursive style with a long horizontal flourish at the end.

Name: Joanna Danischewsky

Position: Acting Chair

Date: 04 June 2024

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH YORKSHIRE MUSIC THERAPY CENTRE**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> December 2023.

### **Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

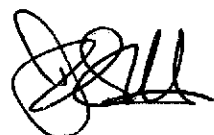
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ian Smithson CPFA,  
3 Orchard Court,  
Northallerton,  
North Yorkshire  
DL7 8DQ

23<sup>rd</sup> May 2024

### Receipts and payments for the year ended 31 December 2023

		2023			2022
		Unrestr	Restricted	Total	Total
<b>Receipts</b>	Donations <sup>1</sup>	£9,618	£0	£9,618	£8,494
	Bequests for investment	£0	£0	£0	£0
	Charitable activities <sup>2</sup>	£56,783	£27,600	£84,383	£119,994
	Trading activities <sup>3</sup>	£249	£0	£249	£194
	Investment income <sup>4</sup>	£8,301	£0	£8,301	£5,904
	Subtotal	£74,952	£27,600	£102,552	£134,586
<b>Sale of assets and investments</b>					
	Sale of investment assets	£20,000	£0	£20,000	£6,000
<b>Total receipts</b>		£94,952	£27,600	£122,552	£140,586
<b>Payments</b>	Expenses <sup>5</sup>	£118,276	£25,506	£143,782	£115,787
	Purchase of fixed assets	£2,418	£0	£2,418	£2,088
	Purchase of investments	£0	£0	£0	£0
<b>Total payments</b>		£120,694	£25,506	£146,200	£117,875
<b>Surplus (deficit) for the year</b>		(£25,743)	£2,094	(£23,649)	£22,711
<b>Cash balances</b>					
	Cash funds at start of year	£30,039	£6,467	£36,505	£13,795
	Cash funds at end of year	£4,296	£8,561	£12,856	£36,505

<sup>1</sup> to <sup>5</sup>: See Notes on Financial Statements

## Statement of assets & liabilities for year ended 31 December 2023

	2023			2022
	Unrestr	Restricted	Total	Total
<b>Cash funds</b>				
Current bank account	£3,355	£8,561	£11,916	£35,762
Specific events bank account	£328	£0	£328	£373
Petty cash	£612	£0	£612	£370
<b>Total cash funds</b>	<b>£4,296</b>	<b>£8,561</b>	<b>£12,856</b>	<b>£36,505</b>
<b>Debtors</b>				
Therapy fees owed	~	~	£100	£4,069
<b>Liabilities (invoiced in 2023)</b>	~	~	£0	£0
<b>Assets retained for Charity's use</b>				
Office equipment & instruments	~	~	£6,346	£6,635
<b>Investment assets</b>				
Fox memorial fund	£0	£104,000	£104,000	£103,948
Fred & Freda Hoyle fund	£0	£56,277	£56,277	£75,504
<b>Total investments</b>	<b>£0</b>	<b>£160,277</b>	<b>£160,277</b>	<b>£179,452</b>

*The investment portfolios originate from donations for investment purposes. The Fox Memorial Investment Fund was set up in 2007, and the Fred & Freda Hoyle fund in 2021. The asset figure given for the Fox Memorial Fund is an estimate.*

*In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment portfolios are deemed to be "designated funds" to provide investment income. The capital can only be drawn upon for highly limited and defined purposes.*

## Notes on the financial statements

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	2023			2022
	Unrestr	Restricted	Total	Total
<b>1. Donations</b>				
Individual donations	£1,523	£0	£1,523	£3,361
Friends of the Charity	£3,034	£0	£3,034	£3,255
Fundraising	£5,061	£0	£5,061	£1,878
Bequests	£0	£0	£0	£0
<b>Totat donations</b>	<b>£9,618</b>	<b>£0</b>	<b>£9,618</b>	<b>£8,494</b>
<b>2. Charitable activities</b>				
Grants	£21,500	£27,600	£49,100	£88,474
Therapy fees	£35,283	£0	£35,283	£31,520
<b>Totat charitable income</b>	<b>£56,783</b>	<b>£27,600</b>	<b>£84,383</b>	<b>£119,994</b>
<b>3. Trading activities</b>				
Charity presentations	£55	£0	£55	£0
Sale of goods & event fees	£194	£0	£194	£194
<b>Totat trading income</b>	<b>£249</b>	<b>£0</b>	<b>£249</b>	<b>£194</b>
<b>4. Investment income</b>				
	£8,301	£0	£8,301	£5,904
<b>5. Expense payments</b>				
Employee salaries	£56,249	£24,255	£80,504	£60,082
Freelance fees	£2,902	£1,251	£4,153	£21,700
PAYE/NI	£16,804	£0	£16,804	£994
Pension	£5,559	£0	£5,559	£3,274
Volunteer expenses	£117	£0	£117	£0
Trading event costs	£1,194	£0	£1,194	£56
Rent	£17,220	£0	£17,220	£16,600
Services	£2,410	£0	£2,410	£2,038
Repairs & maintenance	£729	£0	£729	£202
Insurance	£1,723	£0	£1,723	£1,302
Travel costs	£3,222	£0	£3,222	£3,911
Subscriptions & prof fees	£90	£0	£90	£42
Courses & supervision fees	£2,345	£0	£2,345	£1,401
Phone & internet	£1,978	£0	£1,978	£1,132
Printing, adverts, postage	£2,088	£0	£2,088	£263
Payroll service	£659	£0	£659	£533
Independent examiner fees	£267	£0	£267	£237
Other prof & legal fees	£389	£0	£389	£0
Other project costs	£1,448	£0	£1,448	£1,275
Bank charges	£233	£0	£233	£104
Miscellaneous	£652	£0	£652	£640
<b>Total expenses</b>	<b>£118,276</b>	<b>£25,506</b>	<b>£143,782</b>	<b>£115,787</b>

**Grant and trust funding (received in 2023)**

We are grateful to the following bodies for their support

*Contributing to specified projects*

NYC Stronger Communities Fund  
Two Ridings Community Foundation  
Making a Difference Locally (NISA)  
Tesco Community Fund  
Jack Brunton Trust  
NYC Community Meantal Health (Bright Sparks)  
Ryedale Community Fund  
St James's Place Charitable Foundation  
D'Oyly Carte Charitable Trust  
Jessie's Fund  
The Brelms Trust  
NYC Early Help Fund

*Contributing to salaries or core funding*

The Edward Gostling Foundation  
The Garfield Weston Foundation  
W W Spooner Charitable Trust  
Postcode Neighbourhood Trust  
Shepherds Group Community Support Fund