



# North Yorkshire Music Therapy Centre

Registered Charity

## REPORT AND ACCOUNTS

Year ended 31 December 2024

## 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); Jo Danischewsky (Acting Chair); Alec Dickson (Secretary); Nicholas Hammond (Treasurer); Bernadette Cullen (resigned 21 January); Christine Hines; Sue Hoggett; Stephen Clift (from 16 July)

### *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
Senior Music Therapist	Alison Barrington (from 1 May)
Music Therapists	Thomas Merson Stephen Poon
Office Administrator	Michelle Cookson (to 17 October) Craig Whitehead (from 1 November)

## **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 supported through funded regular clinical supervision, arranged independently on their own behalf.
3. The investments of the charity are managed by CCLA Investment Management Limited, who act on behalf of the charity's Trustees to ensure proper management of the investment 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 2024, the charity continued to deliver a variety of group and individual sessions (totalling 881) across North Yorkshire. These sessions were facilitated by the Director of Therapy, three employed Music Therapists, freelance Community Musicians and Volunteers, working collaboratively to provide tailored therapeutic support.

Our work has centred around four key areas of intervention.

The first focuses on children with Special Educational Needs (SEN), supporting over 100 children in specialised SEN schools such as Springhead, Woodlands Academy and



Welburn Hall. As part of this commitment, at Springhead, we piloted an inclusive music curriculum designed to expand opportunities for children with additional needs to engage with music tuition in a way that respects their individual abilities and preferences.

The second area addresses the needs of adults with learning disabilities. Approximately 25 individuals received support through our partnerships with established providers such as the Minster provision in York, the Croft Community in Old Malton, and a United Response care home in Leeds. These collaborations have enabled us to offer music therapy services that enhance wellbeing and social inclusion

for adults living with learning disabilities.

Mental health support forms the third pillar of our work. Through our music therapy hubs located in Kirkbymoorside and Scarborough, we have continued to build on existing community





projects, while also forging stronger relationships with social prescribers connected to primary care and local authorities. This has allowed us to reach around 10 individuals experiencing mental health challenges, providing timely and accessible therapeutic interventions to complement their wider care.

The final area of focus is dementia care. We supported approximately 75 people living with dementia, along with their carers, by consolidating community-based singing groups that are dementia-friendly and working closely with Dementia Forward. Additionally, we contributed to the Melodic research project led by Anglia Ruskin University in Cambridge, providing music therapy service at Hull Hospital. Drawing on this experience, we developed a pilot music therapy service across three care homes, Lavender Fields Care Village, Connaught Court Care Home and the Holt, aimed specifically at residents exhibiting neuropsychiatric symptoms, helping to improve their quality of life.

Alongside service delivery, the charity has invested in strategic development and research activities. We conducted literature reviews and comparative evaluations to assess the impact and effectiveness of music therapy in both dementia care and SEN school settings. This evidence base informs our ongoing work to integrate music therapy more fully into individual care plans across all the settings where we operate.

We have also focused on developing social prescribing pathways, promoting stronger connections between community hubs, support networks, and healthcare providers to enhance referral processes and ensure those who could benefit most are able to access our services promptly.

Importantly, the charity is committed to co-designing services in partnership with the people who use them. We have explored various methods to actively engage service users in shaping the design and delivery of our programmes, gathering feedback to ensure that our work remains responsive, relevant and person-centred.

## Support for NYMTC

1. *Financial support.* We are grateful to the following bodies supporting our work in 2024

- Network for Social Change Charitable Trust
- Garfield Weston Foundation
- Coop Local Community Fund
- Ryevitalise Landscape Partnership
- Power of Music Fund
- Hillards Charitable Trust
- The Baily Thomas Charitable Fund
- The Charles & Elsie Sykes Trust
- The Whitwam Family Charitable Foundation
- National Lottery Community Fund
- The Liz & Terry Bramall Foundation
- The Kirkby Foundation
- Postcode Neighbourhood Trust
- John Feldberg Foundation

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

Our receipt income from all sources for the year was £175,932. However, our budget, agreed by the Board of Trustees in January, made provision for a drawdown from our investments of £40,000 to cover increased staffing costs in the short term, thus making for operational receipts of £215,932. Our expenditure for the year totalled £217,481, resulting in a small deficit over the year of £1,549. The increase in expenditure compared to 2023 (£146,200) is almost entirely due to our increased staff complement during the year.

We achieved a healthy income from grants (£118,669), considerably higher than in 2023 (£49,100) and indeed higher than our budgeted target of £100,000. However, our income from therapy fees and all other sources (totalling £57,263) was somewhat lower than projected for the year. Nevertheless, much work has been done during the year in building opportunities for fee-based services and we anticipate this will reap benefits in 2025.

## Declaration

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

Signed on behalf of the Charity's Trustees

Signature: Joanna Danischewsky

Name: Joanna Danischewsky

*Position: Acting Chair*

Date: 10 July 2025

**NORTH YORKSHIRE MUSIC THERAPY CENTRE**  
**Registered Charity No 702533**

## **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 2024.

### **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

1<sup>st</sup> April 2025

**5. North Yorkshire Music Therapy Centre: Accounts for 2024**  
**Charity registration number 702533**

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**Receipts and payments for the year ended 31 December 2024**

		2024			2023
		Unrestr	Restricted	Total	Total
<b>Receipts</b>	Donations <sup>1</sup>	£9,065	£0	£9,065	£9,618
	Bequests for investment	£0	£0	£0	£0
	Charitable activities <sup>2</sup>	£110,137	£50,626	£160,763	£84,383
	Trading activities <sup>3</sup>	£1	£0	£1	£249
	Investment income	£6,103	£0	£6,103	£8,301
	Subtotal	£125,306	£50,626	£175,932	£102,552
<b>Sale of assets and investments</b>					
	Sale of investment assets	£106,494	£0	£106,494	£20,000
<b>Total receipts</b>		£231,800	£50,626	£282,426	£122,552
<b>Payments</b>	Expenses <sup>4</sup>	£168,998	£47,954	£216,952	£143,782
	Purchase of fixed assets	£299	£230	£529	£2,418
	Subtotal	£169,297	£48,184	£217,481	£146,200
	<b>Purchase of investments</b>	£66,494	£0	£66,494	£0
<b>Total payments</b>		£235,791	£48,184	£283,975	£146,200
<b>Surplus (deficit) for the year</b>		(£3,991)	£2,442	(£1,549)	(£23,649)
<b>Cash balances</b>					
	Cash funds at start of year	£6,390	£6,467	£12,856	£36,505
	Cash funds at end of year	£2,398	£8,909	£11,308	£12,586

*Note on sale and purchase of investments: during 2024 we changed investment management arrangements, necessitating the transfer of investment funds in and out of our bank account, reflected in the figures above.*

<sup>1</sup> to <sup>4</sup>: See Notes on Financial Statements

## Statement of assets & liabilities for year ended 31 December 2024

	2024			2023
	Unrestr	Restricted	Total	Total
<b>Cash funds</b>				
Current bank account	£1,531	£8,909	£10,440	£11,916
Specific events bank account	£808	£0	£808	£328
Petty cash	£60	£0	£60	£612
Total cash funds	£2,399	£8,909	£11,308	£12,856
<b>Debtors</b>				
Therapy fees owed	~	~	£1,230	£100
<b>Liabilities (invoiced in 2024)</b>	~	~	£105	£0
<b>Assets retained for Charity's use</b>				
Office equipment & instruments	~	~	£4,625	£6,346
<b>Investment assets</b>				
Fox memorial fund	£0	£108,623	£108,623	£104,000
Fred & Freda Hoyle fund	£0	£16,268	£16,268	£56,277
Total investments	£0	£124,891	£124,891	£160,277

*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. We are currently simplifying our holdings, reducing the number of investment managers from 6 at the start of the year to 3 at the end of the year. Early in 2025, this will reduce to a single investment manager (CCLA) holding all our investments. In accordance with the wishes of the donors and of the NYMTC Trustees, the two investment funds are deemed to be "designated funds" to provide investment income, with capital to be drawn upon only for specific defined purposes.*

## Notes on the financial statements

	2024			2023
	Unrestr	Restricted	Total	Total
<b>1. Donations</b>				
Individual donations	£1,132	£0	£1,132	£1,523
Friends of the Charity	£2,365	£0	£2,365	£3,034
Fundraising & Events	£3,045	£0	£3,045	£5,061
Bequests	£2,523	£0	£2,523	£0
Total donations	£9,065	£0	£9,065	£9,618
<b>2. Charitable activities</b>				
Grants	£68,043	£50,626	£118,669	£49,100
Therapy fees	£42,094	£0	£42,094	£35,283
Total charitable income	£110,137	£50,626	£160,763	£84,383

### 3. Trading activities

Charity presentations	£0	£0	£0	£55
Sale of goods	£1	£0	£1	£194
Total trading income	£1	£0	£1	£249

### 4. Expense payments

Employee salaries	£75,592	£44,125	£119,717	£80,504
Freelance fees	£4,800	£2,802	£7,602	£4,153
PAYE/NI	£39,680	£0	£39,680	£16,804
Pension	£9,635	£0	£9,635	£5,559
Volunteer expenses	£0	£0	£0	£117
Trading & event costs	£736	£0	£736	£1,194
Rent	£17,640	£0	£17,640	£17,220
Services	£2,638	£0	£2,638	£2,410
Repairs & maintenance	£70	£0	£70	£729
Insurance	£1,772	£0	£1,772	£1,723
Travel & expense costs	£6,850	£0	£6,850	£3,222
Subscriptions & prof fees	£56	£0	£56	£90
Courses & supervision fees	£3,390	£0	£3,390	£2,345
Phone & internet	£888	£0	£888	£1,978
Printing & postage	£1,313	£0	£1,313	£2,088
Payroll service	£644	£0	£644	£659
Independent examiner fees	£267	£0	£267	£267
Other prof & legal fees	£211	£0	£211	£389
Other project costs	£1,485	£1,027	£2,512	£1,448
Bank charges	£253	£0	£253	£233
Miscellaneous	£1,079	£0	£1,079	£652
Total expenses	£168,998	£47,954	£216,952	£143,782

### Grant and trust funding (received in 2024)

We are grateful to the following bodies for their support

Network for Social Change Charitable Trust  
Garfield Weston Foundation  
Coop Local Community Fund  
Ryevitalise Landscape Partnership  
Power of Music Fund  
Hillards Charitable Trust  
The Baily Thomas Charitable Fund  
The Charles & Elsie Sykes Trust  
The Whitwam Family Charitable Foundation  
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