

JOY OF SOUND (JOS)

England & Wales · Charity number 1126361

Details

Status Registered

Legal form Charitable company

Company number [06403192](#)

Registered 2008-10-20

Register [View on the Charity Commission register](#)

Contact

Address 48 Larner Road
Erith
Kent
DA8 3RD

Phone 07866139692

Email info@joyofsound.org

Website www.joyofsound.org

Activities

Objects: TO ADVANCE EDUCATION IN MUSIC AND CREATIVE ARTS BY THE PROVISION OF FACILITIES FOR THE SOCIAL INCLUSION AND ACTIVE PARTICIPATION OF PERSONS WHO ARE SOCIALLY EXCLUDED AS A RESULT OF ILL-HEALTH, DISABILITY, AGE, SEX, FINANCIAL HARDSHIP OR OTHER SOCIAL DISADVANTAGE. TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Provision of inclusive and accesible music and arts workshops , activities and equipment

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED, IN PRACTICE
- Hackney
- Kensington And Chelsea
- Lambeth

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£36,307	£32,536	-	-
2024-03-31	£35,946	£40,196	-	-
2023-03-31	£44,767	£22,222	-	-
2022-03-31	£17,143	£25,542	-	-
2021-03-31	£44,794	£34,094	-	-

Trustees

Name	Role	Appointed
Angela Contucci	Chair	2015-08-24
Anna-marie Franklin		2017-08-07
Christopher Leeds		
Hugh Aynsley		2017-08-16
James Wilkie		2015-08-16
Jenette Fone		2024-02-19
KAREN MORGAN		
NIGEL JOHN GILDERSON		2012-08-07

JOY OF SOUND (JOS)

England & Wales - Charity number 1126361

Accounts

JOY OF SOUND

**ANNUAL REPORT AND ACCOUNTS
FOR YEAR ENDED 31/03/2025**

**COMPANY REGISTRATION
No. 6403192**

JOY OF SOUND

Report of the trustees for 12 months ended 31/03/2025.

The trustees present their annual report and financial statement for 12 months ended 31/03/2025 and confirm that they comply with the Charities Act 1993, as amended by the Charities Act 2006, the Trustee Deed and the Charities SORP 2005.

Name of Charity: Joy of Sound (JOS)

Charity Registration Number: 1126361

Address:

48 Larner Road
Erith
Kent DA8 3RD

Bankers:

Bank of Scotland
Community Banking
38 St. Andrews Square
Edinburgh EH2 2YR

Accountants:

Accord Accountants
191-193 High Street
Hampton Hill
Middlesex
TW12 1NL

Board

Active Trustees = 8
Angela Contucci - Chair
Christopher Leeds - Treasurer
Karen Morgan - Secretary
Anna Franklin, Hugh Aynsley, James Wilkie, Nigel Gilderson, Jenny Fone

No. of Trustees Meetings during 2024/25 = 3
AGM Meeting: 1

Management Committee

Core team: 8
Extended team: 16
No. of Management Meetings during JOS 2024- 25: 24

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Joy of Sound (JOS) Chairperson Annual Review 2024-2025

A heartfelt thank you to all the dedicated JOS volunteers, workshop participants, and partners who generously contributed their time and energy during JOS's 25th year of building an inclusive community. Your involvement has been instrumental in helping us move closer to our goal of building a more inclusive and co-creative society.

This year has been marked by exciting collaborations and new initiatives, while also focusing on strengthening and refining our core programs. We currently host three in-person music sessions and three online wellbeing sessions each week, plus a new Photography based project. These sessions run concurrently, providing participants with flexible options to join from home, connect with others across different regions online, or attend both types of sessions—taking advantage of our three live events held across London.

We are in our 4th year of 5 year, £50,000 funding grant from the City Bridge Foundation

At the start of the funding, Giles Shilson, Chairman of the City Bridge Foundation, stated:

“These sessions have a significant impact, as individuals who often struggle with communication can unexpectedly connect with others through music. Joy of Sound boasts over 20 years of experience, and we are pleased that our funding is supporting its innovative and inclusive approach to music-making, allowing it to reach an even greater number of people.”

This funding has been crucial in supporting us through increasing costs, especially for core expenses such as venue hire, new and upgraded equipment, and expenses related to nourishing our expanding, dedicated, and hardworking volunteer team.

Attendance remains consistent, and we are observing more individuals gaining confidence in returning to regular in-person sessions. We are pleased to see the groups expanding, and we believe that very soon, we will be approaching pre-COVID attendance levels. Thanks to the support of the City Bridge Foundation, we have established a stable foundation from which to continue growing and progressing.

We continue to work closely with Greenwich University and Goldsmiths University alumni on Digital Inclusion.

Kima Voice has been an intriguing exploration into whether deeper connections can be strengthened through singing together, potentially enhanced by a custom-designed online platform that generates visualizations for the harmonised voices in the partnership.

We are continuing to develop prototype web pages aimed at making our online communications more inclusive, enhancing accessibility, and offering interactive content for participants. This is a long-term initiative, and we are approaching the stage of testing an inclusive homepage for the website.

We have maintained our most popular online workshops: Tai Chi, Dance and Movement; Seated Mindful Breathing; and our Seriously Silly Sensory Session.

Thanks to the dedicated efforts of our volunteers, trustees, supporters, donors, grant providers, and participants, we have reached a stable position with promising prospects for a sustainable future.

Our Impact

Chris Leeds, Trustee and Lead Facilitator, stated:

“Our ethos is to create a non-judgmental space where individual creativity can flourish, allowing people to participate independently as equals, thereby building confidence and self-esteem. Our core work continues to support social and creative participation for individuals in the PMLD, LD, and Disability sectors, as well as those experiencing mental health challenges, isolation, living in residential homes, or facing travel barriers. Additionally, our Photography project and Hackney outreach initiatives have expanded our reach to more elders”.

Participant Attendance

During the past 12 months the JOS team, which includes 29 volunteers, has facilitated:

- 4347 attendances at 147 workshops at regular venues
- 2156 attendances at 144 Zoom on line sessions
- 105 attendances at 2 community based outreach projects.

Participant / Associates/ Collaborators attendances included:

Disabled People	3158
Elderly Community	1254
Family members, children, visitors	468
Support Workers	2068
Volunteers	1016

Social Media and Web Activity

Facebook

1518 content views, 506 visits by 575 different people, gaining 10 new followers. There were 164 views of last year’s Windmill events.

Instagram

130 content views, 64 visits by 50 different people, of whom Women were 62% and Men 38%.

Vimeo

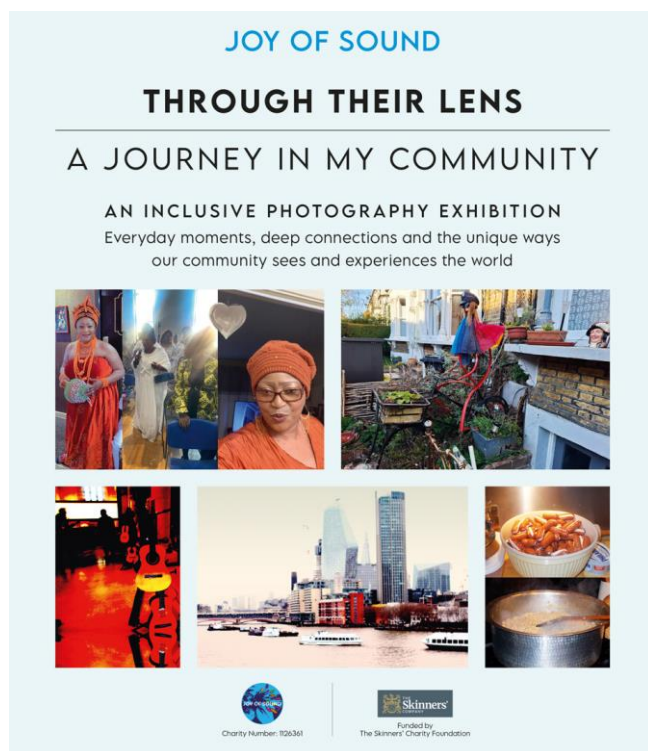
141 views with 52 unique viewers, 96 via joyofsound.org, 26 directly via vimeo.com, and 14 via hackneylocaloffer.co.uk. Two most popular films are JOS at Grotowski Institute and Inclusive Instruments.

JOS Website

10K page views, session starts of 3.8K and 9.7K user engagements. There were 2.9K first visits. Join a Session was the most visited page with 4.1K views. The second most visited page was About Joy of Sound, which had 2.2K views.

Workshop Sessions

Practice Development



In January 2024 we were thrilled to invite participants and support workers from our St Mary's of Eton music group to take part in our photography project, "Through Their Lens: A Journey in My Community." Thanks to the generous support of the Skimmers Charity Foundation, we have engaged the Hackney community in sharing their unique perspectives and experiences.

This work will highlight the diverse self-expression of our Hackney community. Coming from day centre communities or living independently, they bring a wide range of perspectives and experiences, offering an insightful look into the vibrant and varied lives within the group.

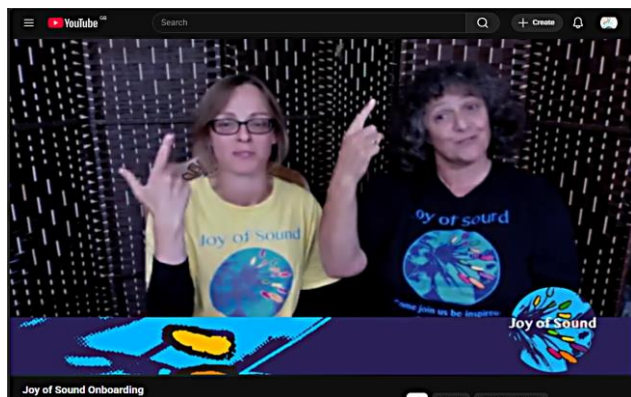
Participants were equipped with digital cameras and guided by written instructions

with explanatory icons to make the process accessible for everyone, especially those who felt uncomfortable with reading.

Support workers were also encouraged to participate, allowing them to expand their own experiences beyond their usual roles within the community.

Throughout the project, we encouraged participants to visit interesting locations, challenged them to capture unique images, and to enjoy the creative journey.

We are proud to be able to showcase their talents and the power of self-expression through this vibrant endeavour. At the end of the project, the expressive works created will feature in a gallery exhibition open to the public, and printed albums will be produced.



We continue to incorporate Makaton Sign Language, widely used in residential homes and educational settings, to support communication. We use it regularly now in sessions to incorporate welcoming phrases and for people to tell the group their names.

We are developing its use in our video presentations.

In- person, 'Live 'Music Sessions

Due to a significant increase in rental costs, our regular weekly sessions had to relocate from St. Barnabas to St. Mary's of Eton which allows us to continue providing a service in the Hackney area on Tuesdays.

We continue providing a service at Portobello Salvation Army Hall in Kensington & Chelsea every Thursday, and at St. Peter's Heritage Centre in Lambeth on Fridays.

It is always rewarding when feedback affirms that we are achieving our goals of inspiring people and delivering co-created, inclusive sessions that help boost individuals' self-esteem and confidence.

"A huge thank you to the incredible workshop facilitators. Your dedication in delivering an engaging workshop truly energised our participants and associates. The time and commitment you invest in each session shine brightly, as you consistently bring fresh and accessible experiences to our community. We couldn't be more grateful for your unwavering efforts and passion!" JF

On Line Interactive Wellbeing Sessions

Seriously Silly Sensory Sessions

Sensory Sessions utilizes accessible improvisation games to encourage socialisation and stimulate the senses. One of the most joyful outcomes is the laughter and connection enabled through playful mirroring; hardly a session goes by without participants immersing themselves in playful sensory interactions. These often lead to unexpected and hilariously amusing moments.



"We make each other laugh, and make different sounds and movements which makes everyone feel included, even people who don't have English as their first language"

Anonymous

Seated Mindful Breathing

The Seated Mindful Breathing sessions pitch the activity at an inclusively accessible level, so that individuals are encouraged to explore the edge of their limitations and capabilities.

Focused activity, balanced by mindful movements and stillness shared by the group can be transformational for mood, sense of self, awareness of breath, increased energy and ease of mobility.

I just came to the session from a job interview feeling very tense. The breathing and movements helped me connect with my body and free from things I carried that didn't serve me. I often close up and isolate myself emotionally, socially and physically. The session helps me open up and expand, and in just a few weeks it is making such a difference to my life and wellbeing. It is a very gentle and safe space and community. I know no one is judging what I do or how I show up as I'm often nervous about it and it's really lovely to be free from those anxieties. Thank you so much for your work in bringing such a beautiful gift and service to everyone who comes.

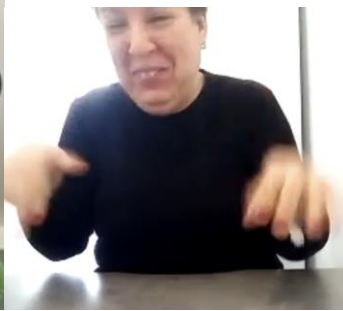
Chieko Arai- violinist and teacher

Dance and movement

An interactive and participatory session featuring music from around the world, encouraging individuals to share, collaborate, and create together. Participants will have the opportunity to develop and perform a dance sequence that celebrates cultural diversity, encouraging peer collaboration and enhancing flexibility and coordination. The session aims to provide a fun and playful environment where everyone feels inspired to express themselves through movement, promoting social interaction, creativity, and enjoyment for all involved.

"It helps me flex and move my muscles especially my back and sides it makes me feel happy. I enjoy the music from around the world"

Alana



"The sessions with dance and movement are a wonderful source of exercise, which is fun and inclusive. The fact that the sessions are held online has a huge impact for Create's clients because it makes it easy for them to take part. Our clients look forward to taking part and choosing a movement that all can copy. Each week there is a different music theme which ensure that the music stays new and fresh. Thank you, Angela and Morgan for providing such fun and interesting sessions for all to enjoy and take part in".

'Create Hub J A'

Volunteers



Portobello volunteers

We would like to extend our heartfelt gratitude to all our volunteers for their unwavering support of JOS throughout this year. Their uplifting and committed generosity of spirit has been invaluable, and without them, we would not be able to offer this unique service to our community.

“Co-facilitating JOS sessions helps me work with colleagues to support adults with disabilities and their carers benefit from therapeutic sound, music and movement activities”.

Paul



Paul S at our Hackney Venue

“My first experience with Joy of Sound (JOS) in December 2024 felt like a small Christmas miracle. The week before attending my first session, I had been reading William Longden’s research on accessible music-making and came across JOS for the first time. As an immigrant from Hong Kong living in the UK under the BN(O) scheme, I carried uncertainties about how I would be welcomed in new communities. But from the moment I stepped into a JOS session, I felt an immediate sense of warmth, openness, and genuine inclusion.

Volunteering at JOS has given me first-hand insight into the needs, challenges, and joys of people with complex disabilities. This experience strengthened my belief that everyone deserves to be heard, not only sonically, but socially and creatively. Over the year, I learned how to support the facilitators, assist participants with very diverse needs, and contribute to a space where everyone can make music together. I quickly realised how essential volunteers are: having more hands available allows participants to engage more fully, and gives support workers the chance to join the music-making rather than simply assisting from the sidelines.

The facilitators at JOS are extraordinary. Their dedication, compassion, and energy hold the entire space together. Behind every session lies an enormous amount of unseen work, planning, administration, logistics, coordination, all carried out with remarkable commitment. I feel deeply grateful to be part of a community shaped by people who continually take extra steps to make life a little brighter for others.

As both a volunteer and a participant, I have seen how important JOS is to many attendees. I have witnessed people pushing their personal boundaries, reaching, gripping, tapping, and experimenting with sound, often using the augmented instruments designed and maintained by Chris. As someone who has been a musician for years, these moments are profoundly moving. Music-making may appear effortless for able-bodied musicians, but JOS reminds me daily that every small gesture can be an act of courage.

Motivated by this, I began to explore how technology might support music-making for individuals with motor impairments or other disabilities. This led to the co-design of our first instrument, the JOS Music Mat, developed collaboratively with facilitators, support workers, and participants. We are currently building the prototype, which we hope will benefit the JOS community and contribute to wider academic understanding of inclusive design. My hope is that this work encourages more instrument makers to create tools that everyone, regardless of ability, can play together.

Rather than emphasizing accessibility as compensation for disability, I wish to promote truly inclusive instrument design, where musical experiences are shared, equal, and joyful. This spirit is what JOS embodies, and it is a privilege to be part of this community."

Cheryl Wing

Outreach and Events

While 2024-2025 has been a quieter year for outreach, we proudly continue our vibrant participation in the Lambeth Country Show at Brockwell Park. As always, our incredible volunteers showed up in full force, creating a highly successful event filled with enthusiastic participants who eagerly joined our sessions.



"Having the opportunity to explore a variety of instruments and play alongside others was truly amazing. It reminded me of the joy of childhood, where I could experiment with the harp and cello without anyone restricting me with 'don't do this, don't do that.' I immersed myself in playing, and it was such a delightful experience. It was evident that everyone was enjoying the shared joy of making music together!"

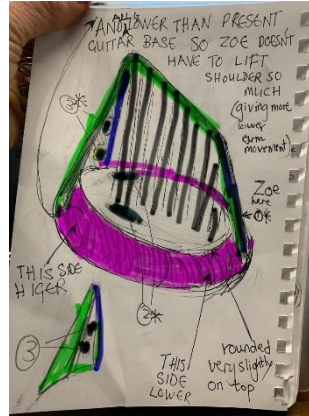
Anonymous

Instrument Development



We developed a new variation on making instruments from upcycled guitars, to complement our Harpsichles and Krars.

Our participant Sarah is pictured here using it at a session.

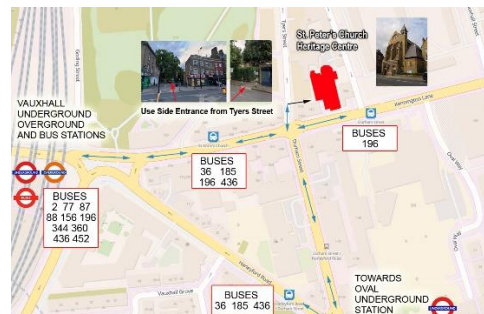


We have now passed it on to our volunteer Zoe who plays it at home, and is working with us to develop potential design variations based on it.

Website Research and Development

Our continuation to embrace a fresh perspective by stepping away from traditional, text-heavy website layouts is ongoing. We've incorporated symbols and sign-based navigation tools that enhance user experience.

We're thrilled that, Zhaohan Ding, one of the Goldsmiths students who helped with development, has continued to work with us as she remains at Goldsmiths to further develop her skills and our project. In March, she kicked off the first phase of research by interviewing JOS website users which showed that we needed to include better live session location maps with transport options.



We have begun working with our Website consultant, Alex Wilk, on developing an on line shop page to enable us to make available various JOS products such as inclusive instruments and equipment and printed books of creative writing sessions, plus JOS branded wearables and PR items, to generate some income for the charity.

Donations

Live workshop donations / standing orders / payments from participants totalled £10,691 and various donations via the web and cash amounted to £1,992.

We want to express our heartfelt gratitude for Anouck's incredibly generous donation. Your support means the world to us and plays a vital role in helping our mission thrive. Thanks to your generosity, we are empowered to make a greater impact, providing essential resources and opportunities to those we serve. We are truly grateful to have you as part of our community.

We extend our deepest gratitude to Vesna Marich for her unwavering dedication and tireless efforts in fundraising and administration for our charity. Over the past year, her hard work has not only secured essential funding but has also empowered us to further our mission.

Beyond her funded work, Vesna has generously volunteered her time, embodying the spirit of selflessness that inspires us all. Her commitment and passion place her at the very heart of the JOS team, making a profound impact on our initiatives and the lives we touch.

Thank you, Vesna, for all that you do. Your contributions are invaluable, and we are fortunate to have you as part of our team!

We extend a heartfelt thank you to The City Bridge Foundation for their generous donations, which have been instrumental in enabling us to support our participants. Your contributions have allowed us to replace essential instruments and maintain our venues, ensuring that we can continue to provide valuable resources and opportunities.

Your commitment to our cause has made a significant difference in the lives of those we serve, and we are truly grateful for your support. Thank you for partnering with us in this vital mission.

The Future

Our music sessions have been centred on rebuilding and enabling consistency within our community. The long-term funding from the City Bridge Foundation has provided us the necessary time to establish a solid foundation for our sessions.

We are grateful to the Vicar and staff at St. Mary of Eton and the Wick Award Big Local Community Chest Grant for making our change of venue in Hackney a smooth and enjoyable process, and we hope to continue to provide our sessions there for many years to come.

With increasing attendance in our live sessions and a growing number of volunteers, we hope to be in a secure position to pursue sustainable growth. We are excited to anticipate further expansion in Summer 2024, bringing us closer to our pre-COVID numbers for participants and volunteers.

Additionally, we are eager to resume the design of bespoke instruments. This initiative involves a close and personal journey, placing participants at the heart of the instrument design process. Collaborating with participants and their support workers/families, we aim to create instruments that address barriers to self-autonomous play.

Furthermore, due to the success of our dance and movement sessions, we are focusing on securing funding to rekindle this intergenerational fun fitness activity.

Summary

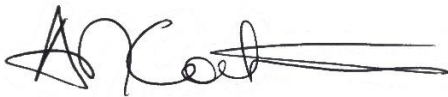
We extend our heartfelt gratitude to the entire JOS team, whose efforts in organising uplifting and inclusive workshops have been exceptional. The behind-the-scenes work of the management team and Trustees has been crucial in facilitating these workshops, helping to dismantle barriers of social exclusion and enhance wellbeing through co-creation and playful engagement.

It has been valuable to continue our collaborations with academic institutions like Greenwich University and Goldsmiths University on Digital Inclusion work, and to develop new projects using digital cameras supplied to participants in our “Through Their Lens” photography project.

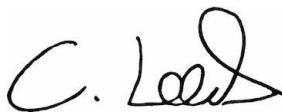
Through our unique approach, emphasizing wellbeing via co-creation, cooperation, and the playful mirroring of experiences, we empower participants to engage with music. By adapting and designing bespoke instruments tailored to individuals, everyone who joins our sessions finds the opportunity to make music.

Lastly, we are immensely grateful to all JOS Volunteers, Trustees, participants, support workers, and families for their continuous support, playful spirit, and dedication to community building.

Angela Contucci
Chairperson
9th December 2025

A handwritten signature in black ink, appearing to read 'Angela Contucci', with a long horizontal flourish extending to the right.

Chris Leeds
Treasurer
9th December 2025

A handwritten signature in black ink, appearing to read 'C. Leeds', with a stylized, looped flourish.

Appendix 1 – Balance Sheet and Accountant’s Statement

Joy of Sound Receipts and Payments Account for the year ended 31/03/2025

	Restricted	Unrestricted	Total
Accountancy	2,400.00	-	2,400.00
Admin Costs	967.88	2,538.00	3,505.88
Advertising - including website cost	583.93	35.00	618.93
Audit & Accountancy fees	-	584.00	584.00
Joy of Equipment	81.26	1,024.00	1,105.26
Event Catering	24.04	-	24.04
Facilitators	5,043.25	661.00	5,704.25
Insurance	226.00	-	226.00
Legal & Professional	-	60.00	60.00
Office Stationery & Postage	-	265.99	265.99
Phone/Internet/Zoom	-	-	-
Refreshments	22.50	93.42	115.92
Training	-	-	-
Travel Costs	476.94	294.72	771.66
Venue Hire	6,117.97	2,640.62	8,758.59
Volunteer Expenses	3,141.65	994.71	4,136.36
Workshop Expenses		4,260.06	4,260.06
Total Expenses	19,085.42	13,451.52	32,536.94
Income	16,647.00	13,179.43	29,826.43
Bank Interest		53.00	53.00
Other Income (prior year adj)	6,428.00		6,428.00
Total Income	23,075.00	13,232.43	36,307.43
Surplus (deficit)	3,989.58	-	3,770.49

Joy of Sound balance sheet as at 31/03/2025

Current Assets

Bank and Cash 38,524.00

Current Liabilities

Accruals - 2,400.00

Net Assets 36,124.00

Funds of the charity

Brought Forward Restricted 12,456.00

Brought forward Unrestricted 19,897.00

Total Brought Forward 32,353.00

Carried Forward Restricted 16,446.00

Carried Forward Unrestricted 19,678.00

Total Carried Forward 36,124.00

Independent Examiner's Report to the Trustees of Joy of Sounds for the period ended 31 March 2025

I report to the trustees on my examination of the accounts of Joy of Sounds (the Charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2007; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102). IER 2 October 2018 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 to enable a proper understanding of the accounts to be reached.

Signed:



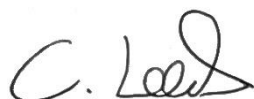
Name: Ellie Rayner – Accord Accountants

Relevant Professional Body: ACCA

Address: 191-193 High Street, Hampton Hill, TW12 1NL

Date: 05/01/2026

Signed:



Name: Christopher Leeds

Treasurer Joy of Sound

Date: 05/01/2026

Appendix 2 – Funding Breakdown

<u>Funders</u>	<u>Total</u>	<u>Dates Received</u>	<u>Active</u>	<u>Non-Active</u>	<u>Notes</u>
City of London - City Bridge Foundation	£9,668.00	28.06.2024; 31.07.2024; 29.10.2024; 28.01.2024;	✓		
Ashley Family Foundation	£2,500.00	30.07.2024		✓	
The Baily Thomas Charitable Trust	£2,000.00	28.08.2024		✓	
Skinner's Charity Foundation	£2,479.00	02.12.2024	✓		
University of Greenwich	£750.00	17.05.2024		✓	
Outreach Workshops' Grants	£320.00	05.08.2024		✓	
Donations online and cash	£1,702.93	Throughout the year	✓		
Live Workshops' Fees/Standing Orders	£10,406.50	Throughout the year	✓		
<u>Total</u>	<u>£29826.43</u>				

Appendix 3 – Activity Breakdown

Activity	Attendances	Number of events	More information
Zoom Inclusive Wellbeing Sessions	2156	144	Sessions: Dance and Movement; Seriously Silly Sensory Sessions; Seated Mindful Breathing; Song and Sign; Top of the Bops
Live Inclusive Participatory Music Sessions	4347	147	Venues: St Barnabas, Hackney; St Peter's, Lambeth; Salvation Army, Kensington & Chelsea
Community Outreach	105	2	Lambeth Country Show; Children Fun Day
Trainings	15	1	First Aid Training at Work
Management Meetings	49	11	
Trustee's meetings	21	3	
AGM Meeting	8	1	
TOTAL	6701	308	

Appendix 4 – Partners and Collaborators

JOS Partners

Lambeth Country Show 2024
Community Creative Writing Group Croydon
Red Ochre
Friends of Windmill Garden
Sunshine International Arts
The Dance Factory
University of Greenwich
The KIMA Voice project
The Parish of St Barnabas Homerton
St Mary's of Eton Hackney Wick
Portobello Salvation Army Hall
St Peters Heritage Centre Vauxhall
Goldsmiths University
Black Prince Trust

JOS Collaborators

UCL
SENSE
Wandsworth Community Transport
Pathways Training
Kensington and Chelsea Volunteer Centre
St Leonard's Hospital Walking Group
Dr. Ainul Nadhirah Hanafiah, Institute for Connected Communities, University of East London
Step Up - Hackney volunteer group
Hackney Council Occupational Therapy Services
Hackney Council Children's Centre open day services
Thursday Morning Community Club - Brixton Windmill
Oil Often
Visiva Studios
Southside Rehabilitation Association
Stephen Wells
SM Aurroseau
Nino Rea
Maria Tashkinova
Jim Greenwood
Mr and Mrs Christmas David and Rita Horney
Dr Oliver Gingrich
Zhaohan Ding
Julian Langham
Kim Kelly
Marco Felici
Hannah
Alice Mc Creadie

Appendix 5 – Joy of Sound Vision and Mission

VISION

A world where everybody is equal and included

MISSION

A world where every person is acknowledged valued and included in all aspects of society as an equal.

VALUES

We work with all-comers of all abilities as equal collaborative co- creative partner

We put inclusive attitude into practice to make creative things happen

We build relationships grounded in mutual responsibility and trust

We show the meaning and value of inclusion by being inclusive

AIMS and OBJECTIVES

1. To promote and advocate for increased social and economic inclusion by:

- i. Delivering regular weekly all-year-round inclusive participatory music and combined arts workshops
- ii. Providing trainings in JOS inclusive workshop techniques
- iii. Educating people about the value and use of inclusive and combined arts practices at educational sessions, workshops, seminars, lectures and events

2. To encourage, facilitate and acknowledge the self-expression and self- empowerment of all people, and particularly:

- i. Impaired and disabled people
- ii. Socially and economically deprived and marginalised people including elders
- iii. People facing mental health challenges
- iv. Unemployed people
- v. People on wellbeing pathways including learning disabled people, and people living with long term debilitating health issues
- vi. People facing barriers to their access of creative health and wellbeing activities

by:

- i. Providing all-year-round regular workshops
- ii. Providing personal and social advocacy and mentoring
- iii. Co-design and production of bespoke musical instruments and instruments access equipment
- iv. Reaching out to engage hard-to-reach groups
- v. Facilitating volunteer pathways for personal and social wellbeing, lifelong learning and career development

3. To increase awareness about issues relating to disability and social exclusion by:

- i. Disseminating inclusive practices and practice-based research at presentations, showcase events, festivals and conferences in UK and abroad
- ii. Developing and providing Inclusive Social Training Development with disabled people, familial and professional care and support givers, volunteers and community
- iii. Engaging with existing and developing strategic networks forging opportunities for collaboration and focus towards increased public awareness and social change

JOY OF SOUND (JOS)

England & Wales - Charity number 1126361

Accounts

JOY OF SOUND

ANNUAL REPORT AND ACCOUNTS
FOR YEAR ENDED 31/03/2024

COMPANY REGISTRATION
No. 6403192

JOY OF SOUND

Report of the trustees for 12 months ended 31/03/2024.

The trustees present their annual report and financial statement for 12 months ended 31/03/2024 and confirm that they comply with the Charities Act 1993, as amended by the Charities Act 2006, the Trustee Deed and the Charities SORP 2005.

Name of Charity: Joy of Sound (JOS)

Charity Registration Number: 1126361

Address:

48 Larner Road
Erith
Kent DA8 3RD

Bankers:

Bank of Scotland
Community Banking
38 St. Andrews Square
Edinburgh EH2 2YR

Accountants:

Accounting Gem Ltd
M301 Tooting Works
89 Bickersteth Road
London SW17 9SH

Board

Active Trustees = 8
Anna Franklin - Chair
Christopher Leeds -Treasurer
Karen Morgan-Secretary
Angela Contucci, Hugh Aynsley, James Wilkie, Nigel Gilderson, Jenny Fone

No. of Trustees Meetings during 2023/24 = 3

AGM Meeting: 1

Management Committee

Core team: 8
Extended team: 16

No. of Management Meetings during *JOS 2023- 24*: 17

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Joy of Sound (JOS) Chairperson

Annual Review 2023-2024

A huge thank you to all the dedicated JOS volunteers, workshop participants and associates who gave their time and energy in this 24th year of JOS's inclusive community work. You have all been an important part of us meeting our goal of achieving a more inclusive, co-creative society.

The year has seen some exciting collaborations and ventures, whilst still consolidating and rebuilding our core provision. We have 3 in person music sessions, and 3 on line wellbeing sessions per week. These sessions run in parallel, giving options for our participants to attend from home, or from different parts of the country on line, or attend both and travel to our 3 live sessions across London.

We are in our 3rd year of 5 year, £50,000 funding grant from the City Bridge Foundation.

City Bridge Foundation's Chairman Giles Shilson said:

"These sessions have a profound effect, as people who can sometimes find it very hard to communicate can suddenly make a connection with others through music."

"Joy of Sound has over 20 years' experience and we're delighted our funding is helping it bring its innovative, inclusive approach to music-making to even more people."

This funding has been paramount in helping us with ever rising costs, particularly towards core costs like venue hire, new and upgraded equipment, and expenses to help feed our ever growing, hard working and hungry volunteer team.

A second grant won from the Lambeth WellBeing Fund enabled us to continue with a very popular project, with both on line dance and Tai chi sessions and live dance workshops at Brixton Windmill Centre. With an emphasis on fun physical activity, cultural exchange and reducing isolation, these sessions are attracting new participants, particularly elders, providing an inter-generational and diverse heritage influence to celebratory activities and events.

These events have been creating new connections with different practitioners, artists and local caterers bringing authentic sensory experiences of different cultures.

Attendance levels are steady and we are seeing people getting more confident to return to regular 'in-person' sessions. We're pleased to see the groups growing and very soon we feel we will be close to pre-covid attendance levels. Thanks to the City Bridge Foundation we have been able set up a secure base to continue to build from and move forward.

One of our joy-filled outreach collaborations was with British Library. 70 people attended from the three London boroughs we work in. We had an uplifting music session, and a free tour of the in-house multi-sensory 'Animals' exhibition, which had wheelchair accessible sound samples of different animals and their environments.

We collaborated with Greenwich University and the 'Kima Project'. This was a fascinating exploration of seeing if stronger connections while singing with others would be enhanced through a bespoke designed on line platform that creates visuals for the partnered voices singing in harmony.

This research project wanted to test if visuals activated by voices made co-creative play a more connected and fun experience. Joy of Sound's role was to ensure adaptations would be made so that the system would meet the needs of disabled participants.

We are still building prototype web pages to make our web communications more inclusive, improving access, and providing interactive content for participants. This is a long-term project for us and nearing the testing of an inclusive web homepage.

We have continued with our most popular on line workshops: Tai Chi, Dance and Movement; Seated Mindful Breathing; and our Seriously Silly Sensory Session.

The combined efforts of all our volunteers, trustees, supporters, donors, grant makers and participants have helped us to get to a stable situation with good prospects for a sustainable future.

Our Impact

Chris Leeds- Trustee and lead Facilitator:

"Our ethos is to create a non-judgmental space where individual creativity can come out and people can participate independently as equals, building confidence and self-esteem".

Our core work continues to enable social and creative participation for those in the PMLD, LD and Disability sectors or facing Mental Health issues, for isolated people, those in residential homes and those facing barriers to travel. Our Brixton dance project and Hackney outreaches have increased our reach to more elders.

The Lambeth Wellbeing Dance project got great press coverage for our well attended special Valentine's Salsa event, with a colourful double spread in the local paper 'Brixton Bugle'. Click link below to see the on line version 'Brixton Blog'.

https://www.instagram.com/p/C4LkTYRxeiA/?img_index=1

We provide a wide range of workshops including opportunities for physical engagement through inclusive, person-centered movements, as well as playful and creative interaction.

With our combination of live, face-to-face workshops, internet based activities, our website and social media sites, we have reached many individuals.

Participant Attendances

During the past 12 months the JOS team, which includes 20 volunteers, has facilitated:

- 3851 attendances at 179 workshops at regular venues
- 2383 attendances at 160 Zoom on line sessions
- 179 attendances at 4 community based outreach projects.

Participant / Associates/ Collaborators attendances included:

Disabled People,	3202
Elderly Community	1052
Families with children	586
Support Workers	1857
Volunteers	982

Number of different individuals, participants and support workers, attending all JOS work-shops:

Core participants 376

Support workers 443

On line activity included:

- **Website:** 2,532 page visits, 3,600 sessions, 50% new & 50% returners. Most popular pages 'Join a Session' and 'About JOS'
- **Facebook:** 1,110 page visits - 524 followers (62% f, 38% m)
- **Instagram:** 323 page visits - 256 followers (63% f & 37% m)
- **Vimeo** - 88 Unique viewers, 388 video views: 302 via JOS website, 10 via Hackney Local Offer, 8 via facebook, 42 via Vimeo. 35 from Sweden, 6 Czech Republic, 11 US.

Workshops Sessions

Practice Development

In 2024 our core practice has now been developing for a quarter of a century, and continues to be a very effective approach.

"For me the most exciting thing about JOS is that the method works every time in every location, with or without instruments. We have done it at festivals, indoors, outdoors, in railway stations, in conferences, art galleries, museums, with the general public, with audiences at film nights, groups of administrators and fund raisers, with small and large numbers, and it is reliable every time, we always get people moving, singing and creating music." - Chris Leeds JOS lead facilitator and Trustee.

Over this recent period we have enhanced our sessions in important ways.

We regularly incorporate Tai chi based warm ups, which we have found very effective for motivating participants towards joining in activities for longer periods, encouraging physical engagement with its known benefits to well being.

We continue the use of Makaton signing, with many of our volunteers and facilitators increasing their vocabulary and incorporating it into workshop sessions. The Makaton system is used widely in residential homes and in education settings to facilitate communication with individuals. Furthermore, it has created opportunities for connection and conversation outside of JOS sessions.

"I was visiting a local restaurant called Kata Kata on Brixton Hill, where the owner is part of a work skills development scheme for people with hearing impairments. I have a very basic level of Makaton signing, nonetheless, when meeting the waitress, I was able to sign hello, sign my name, and ask what her name is. She used British sign language but understood me, and signed her name very quickly, she was very patient with me repeating the spelling a few times for me to work out her name. There was refreshing presence in the connection, by simply slowing down, and it felt good to overcome a non-verbal barrier, and paramount was to have the ability to sign important courteous conversing like 'thank you' and 'please' when asking for my food order. I have also seen P, the waitress, in the street and she remembered me and came over to say hi, and again I could ask how she was? Though a short communication, this brief connection boosts my confidence to learn more, and it feels really good to be able to connect with others no matter our diverse ways of communicating"
(Anna- JOS volunteer).

In- person, 'Live' Music Sessions

Our regular weekly sessions continue at St. Barnabas in Hackney (Tuesdays), Kensington & Chelsea- Portobello Salvation Army Hall (Thursdays) and at St. Peter's Heritage Centre in Lambeth (Fridays).

It is always gratifying when feedback confirms that we are meeting our aims of inspiring people and providing co-created inclusive sessions that helps raise people's self-esteem and confidence:

"... the added bonus of sometimes being given a 'lead role' within the group and being applauded and praised for their efforts can only be encouraging and increase their self-esteem. It's lovely to see people grow in confidence over the weeks." (manager of Hub Club)

"This was my first JOS music workshop for 8 years, and the first time I've experienced Angie facilitating (post-William's retirement). Angie's on-point, rapid looping from participants' raw talent to co-creative potential was astounding! And, for me, very moving, having been watching from the sidelines during the transition handover from WL. On the way in I started to wonder if I was remembering the joy of the workshops through rose-tinted specs. My experience today proved I wasn't. The cohesion, the co-creativity and the joy were as palpable and beautiful today as I remembered. That this can be accomplished in an hour, with a group abundant with diverse modes of creative expression, remains IMO a wonderful testament to the JOS community, ethos and methodology. Thank you everyone for an uplifting and memorable session.

Thank you Angie and Julie for making me feel welcome when I arrived, and for actively welcoming me as a 'new face' into the group. Big thanks to Morgan for gently sculpting and widening my perspective. Big thanks to J for the cuppa and for guiding and supporting me to give the end signals for the first time." Jenny volunteer at St Peter's session in Vauxhall. We are very pleased to say, Jenny is our newest JOS Trustee.

On Line Interactive Wellbeing Sessions

Seriously Silly Sensory Sessions use accessible improvisation games to socialise and stimulate the senses. One of the most joyful outcomes is laughter and acknowledgment through playful mirroring; there is rarely a session that does not bring people into the moment to commit to playful sensory interactions that bring out the unexpected and often surprisingly funny happenings.

"Andre learns imitation skills and fitness. He practices being assertive during silly session when participating in freeze and stomp. He practices language saying 'yes' and 'no' when answering questions and expanding his vocab and understanding; also during constructing a story. This is all done in a fun, relaxing way so there is no pressure on him. He feels relaxed as there are no right or wrong answers. All the activities are fun - the yoga and movement help Andre's hand eye coordination. He has to think for his own movement." Tina Molinaro mother to young adult Andre Molinaro

The Tai chi, Dance and Movement workshop, linked with the in-person sessions held at the Brixton Windmill Centre, continues to be very popular with our participants. It's an uplifting way to move as a group and is a fun approach to getting fit, everybody gives a movement to add to the growth of that session's dance routine, enhancing that feeling of belonging and making a routine together as a community. Also, the participants select music from different countries to share their favourite music and heritages with their peers.

"I move more, it makes me hot, and happy to see everyone" - Alana (wheelchair user)

"It's the only exercise I get" Gevohn - Assisted living resident

"I find the session relaxing and exciting and having fun with the people we support." – Joan, a support worker

"I enjoy dancing and good music" – Rodriguez, a support worker.

The Seated Mindful Breathing sessions pitch the activity at an inclusively accessible level, so that individuals are encouraged to explore the edge of their limitations and capabilities. Focused activity, balanced by mindful movements and stillness shared by the group can be transformational for mood, sense of self, awareness of breath, increased energy and ease of mobility.

"After the sessions, I feel revitalised. It's here that I know that every part of my body will be activated very, very gently. I very much appreciate these sessions and look forward to my Mondays." (Lola, a new attendee referred by GP surgery)

Lola invited a friend Luisa, who she knew had long term health conditions and is a full time carer for her elderly mother.

"I attend the joy of sound's mindful sitting tai chi every Monday. I find it very useful in helping to keep active and it embraces everyone's ability and disability. It is a small community but it's fun, relaxed and it builds your confidence, as well, you feel you can achieve a goal. I enjoy the sessions not only because it helps me keeping active but also reduces the sense of isolation that is the normal for so many disabled or carers. Both Nigel and Anna bring a gentleness and calmness to the session, as well, they are inclusive, whatever your disability or level of fitness; they encourage all to add their little distinctive style to the movements and its really great to see such diverse community being engaged. Also it's fun. I only wish that another session like Mondays happened later in the week but perhaps half hour exercise and then half hour a coffee session." Luisa.

"I just came to the session from a job interview feeling very tense. The breathing and movements helped me connect with my body and free from things I carried that didn't serve me. I often close and isolate myself emotionally, socially and physically. The session helps me open up and expand and in just few weeks it is making such a difference to my life and well being. It is a very gentle and safe space and community. I know no one is judging what I do or how I show up as I'm often nervous about it and it's really lovely to be free from that anxiety. Thank you so much for your work in bringing such a beautiful gift and service to everyone who comes." Chieko – professional violinist and teacher.

Thanks to extra funding from the National Lottery Community Fund, we were able to bring back a very popular session called 'Song and Sign with musical games' and a new evening disco session "Top of the Bops".

"We had the opportunity to go to three TOTB sessions before the funding finished. My son is Autistic and has complex needs, being mainly non-verbal. TOTB was a real break from the norm for us, and worked on many levels. Being an online session meant we could take part without any of the counterproductive aspects of travelling to an unfamiliar setting to be with unfamiliar people at a busy time (ie school traffic time). Oftentimes, that combination has given rise to an insurmountable barrier to engagement. The timing of TOTB was just right for us to join in together after school. Including my son's favourite tunes in the mix was a surefire way to spark his interest, while Angie's close observations and rapid improvisations kept the fun flowing. The expert facilitators encouraged us to join in without any pressure of 'getting it right' or having to learn particular steps, so we could focus on the dance and movement, stimulating our endorphins and allowing us to make some great shared memories. Remarkably, after the 2nd session, my son wanted to print a picture of a group of characters at a disco! This spoke volumes to me about it having been a meaningful experience for him." Jenny Fone - Mother of young adult Apollos

Thank you to all the workshop facilitators for their focused work in delivering exciting accessible workshops for our participants and associates. Each workshop requires a large amount of preparation and commitment, and the team has been dedicated in offering these workshops on a regular basis to our participants.

Volunteers

We could not deliver our Joy of Sound sessions without the delight and hard graft of our co-creative loving volunteers. So, a huge thank you to Marcelle, Vladimir, David, Fiorella, Julia, Lucy Mills, Nico, Adrian, Anouck, Luka, Damian, Paul, Lockie, Carol, Kwame, Hugh, James, Nigel and Stephen, whose regular attendance greatly enhances the continuity and quality of our work.

And a fond goodbye and huge thank you for all their shared mirth and facilitation, to those who have left JOS to move into new ventures. Thank you Ray, who left to work at the Imperial war museum. Thank you Tom, who became a SEN teacher, thank you Georgina who went back into working in education, thank you Patrick, who left to work as a facilities manager at Cecil Sharp House, and L, who hopes to return after writing a book about his life experience as a nurse in the Falklands war.

The feedback from our newer volunteers gives us their important impressions of how they perceive the sessions.

“I began volunteering with Joy of Sound through a recommendation (K&C volunteer centre), though I wasn’t sure what to expect. I had little experience with people who have complex disabilities, and at first, I felt unsure. My first session was challenging, seeing participants who couldn’t move, speak, or express themselves in ways I was familiar with. But over time, I started to see beyond those initial impressions. I realised that each person’s presence, even through the smallest gestures—an eye blink, a slight movement—held incredible significance.

These sessions have shown me how essential it is for everyone to feel part of a community, to have a place where they’re valued and included. While many participants may not respond in traditional ways, they are loved by people who care deeply for their joy and well-being. Just by being there, they enrich our world and bring happiness to those around them.

Now, I look forward to every session, feeling uplifted as I see the participants. Each session brings me joy and a sense of purpose that lasts well beyond our meetings. I see how vital it is to prevent the marginalisation of any part of society by providing opportunities for everyone and creating spaces that foster connection and inclusion. These sessions remind me that a truly diverse society values every individual, and this inclusivity supports the well-being of all. I’m grateful to be part of this meaningful work with Joy of Sound.” Vladimir Korotkov-Volunteer at Portobello road music session.”

Outreach and Events

Lambeth Wellbeing project at Brixton Windmill Centre

Our second round of Lambeth Well Being funding enabled us to continue the inter-generational and mixed abilities, fun fitness project at Windmill Gardens in Brixton. It consisted of weekly live and on line inclusive, community movement sessions.

The sessions included seated Tai chi, and uplifting co-created dance routines and shared movements.

We aim for physical activity that is appropriate and attainable for each individual, with a no-pressure, encouraging fun approach to dance and movement, for all ages and abilities.

Each week, the music is chosen by members of the group, giving the opportunity to experience each other's diverse cultures and heritages, or simply to share their favourite genre or piece of music. Special events are held where guest artists and multi arts practitioners are invited to share different music and dance styles, and participants enjoy cuisine from different cultures.

Hackney Community Outreach events

We always enjoy bringing our JOS music making approach to members of the public, where we find people of all backgrounds and all ages, from toddlers to elders, love joining in.

We have continued to work with Alice McCreddie, the Borough of Hackney's Community Engagement and Projects Officer in providing outreach activities for local residents. We ran two outdoor events in 2023, one in April at Joseph Court, an estate in Stamford Hill, and another in July at Bridge House Green Space in Homerton just along the road from our regular venue at St Barnabas Church.

British Library

During Covid we had collaborated with the British Library, using their vast sound files to help our participants journey around the world from the confines of their living rooms in our 'Here, There and Everywhere' Zoom sessions.

This collaboration grew into a wonderful opportunity to deliver a workshop using their sound files at the British Library itself. 70 people from our 3 sessions around London attended, which made a jolly packed room and some uplifting inclusive music making. After the session, there was a free tour of the in-house multi-sensory 'Animals' exhibition, which had wheelchair accessible sound samples of different animals and their environments.

The Lambeth Country Show Outreach

JOS has provided community workshops for Lambeth's annual Country Show for nearly a decade now. There are always plenty of families excited to try instruments they never thought they would get to experience playing, from toddlers up to grandparents!!

"It was wonderful to have access to all these instruments and to be able to play freely along with others. I felt like the children there, for once I could have a go at harp and cello without anyone saying 'don't do this, don't do that'. I played so much, it was very enjoyable and I could see everyone was having such a good time making music together." (Drop in visitor at Lambeth Country Show, Charlotte Bill who went on to collaborate with JOS and film an event for us).

Website Research and Development

Web Pages

Our approach is to move away from traditional text-heavy website layouts by incorporating symbol and sign-based navigation tools.

We have been able to build on our collaboration with the innovative work with Goldsmiths University UX Department. (Four students worked on analysis of our current site and incorporating inclusive site navigation tools like Makaton signing).

We have engaged one of the students, Zhaohan Ding, who has stayed on at Goldsmiths to continue to work with us, and in March she began the first phase of research.

After consulting with people who use our website and noting that most of the visits to our website are to the “Join a Session” page we decided to start with that page. There are two objectives – firstly to make accessing the information about our sessions much easier. The second important aim is to make the page fully inclusive so that our participants can either access it independently to arrange attendances, or take an active part in the process when sessions are booked on their behalf.

We have worked on redesigning the layout of the page, and we are now in the process of refining and incorporating graphic symbols.

P_ART_icipate

The pARTicipate project is a collaboration between Greenwich University School of Design, and an arts group, KIMA Voice. With input from NHS and Music Therapy consultants, the project is to develop an interactive audio-visual on line application. Pairs of participants use their voices to generate visual responses, patterns generated on screen reacting to vocal input. Joy of Sound participants tested and helped refine the visual platform to ensure that it is inclusive and accessible to all.

The KIMA team made an initial visit in August to a JOS session at St Peters and tried the system with our participants in one location. The feedback from this session revealed the need for “onboarding” videos to be made, one with technical instructions, and one with Makaton signing, which was filmed by JOS facilitators. It also showed that changes were needed to the presentation on screen, with more vivid colours added, and pictures of each participant so that they could see the person they were interacting with.

The next step was to test the system in its intended on line mode. During October and November we arranged for testing with four of our participants – thanks to Zoe, Shaahid, Lisa and T for helping us out!

Again, the positive feedback from these sessions has been very valuable, and further refinements are in progress working towards the goal of implementing access on our website.

Donations

Live workshop donations / standing orders / payments for participants totalled £10,691.50, and various donations via the web and cash amounted to £1992.48.

Huge thanks again to the **Portobello Rd Antique Market Traders** who have made another generous donation which helped enhance our instruments and equipment provision.

Put together with funds from The City Bridge Foundation, their donation enabled us to buy 5 “Harpicles” and 5 new JOS Stands.

These are very lightweight harps, which, allied with our specially developed stands – a hybrid of Drum Kit bases and Photography Equipment clamps - allow the instruments to be presented in any orientation to facilitate access.

Thank you Alice for selling JOS these beautiful harps. Chris drove all the way to Northumberland in January 2024 to meet Alice and her colourful harp collection.

“I'm excited they're going to a great new home where they'll be played more and give more people joy and bring happiness.” Alice

Many thanks due to **Vesna Marich**, for her continuing hard work on fundraising and administration for the charity for another year. In addition to funded work, she has volunteered much of her time, and remains at the core of the JOS team.

The Future

Due to the debilitating effects of covid on attendances at our in-person live music sessions, our focus has been about rebuilding and creating consistency, and, thanks to City Bridge Foundation funding we have been given time to create that strong foundation. With the live sessions building in attendances and the volunteer numbers building too, we are now in a secure place to keep growing sustainably, and we anticipate further growth in Summer 2024 to bring us closer to pre-covid participant and volunteer attendance numbers.

We would like to start designing bespoke instruments again, it is a close and personal journey with the participant in the centre of designing their instrument. So, with the participants, health and support workers we can design instruments that overcome the barriers to self autonomous play.

With our dance and movement session being such a success we will be focusing on funding to reignite that intergeneration fun fitness session.

Summary

Thank you to the whole JOS team for delivering another year of uplifting interactive inclusive workshops, and for all the behind-the-scenes structure that the management team and Trustee's create to make those workshops possible. All of the team's work and efforts are an invaluable part of breaking down the barriers of social exclusion and creating wellbeing benefits through co-creation and fusive play.

We have created opportunities for people to experience and understand that the JOS method is accessible for any age and meets any diverse need.

We have collaborated and built connections with very visible central establishments like the British Library, where our event merged the three London Borough JOS communities. We've connected and reached out to the general public and harder to reach communities on estates in Hackney, and run special projects and events in Lambeth.

With our approach, that promotes wellbeing through co-creation, cooperation and awareness of the power of playfulness and mirroring, and even more so with the important area we excel at of adapting and designing bespoke instruments to fit everybody, everyone taking part in our sessions has the opportunity to play music.

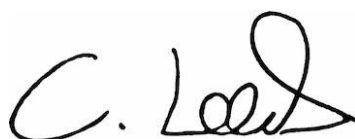
With society being so technologically driven now, this is another area where social inclusion is paramount, hence our work with Greenwich University's Kima project to develop accessible on line, and continuing the process of redesigning our website so it is a more accessible for our core participants, not just the families and support teams.

On behalf of all the JOS team, we want to thank all of the JOS Volunteers, Trustees, participants, support workers and families for their support, playfulness and community spirit.

Anna Franklin
Chairperson
10th November 2024



Chris Leeds
Treasurer
10th November 2024



Appendix 1 – Balance Sheet and Accountant’s Statement

Joy of Sound Income Statement for the year ended 31/03/2024

	Restricted	Unrestricted	Total
Admin/PR/Cordination	5,102		5,102
Travel	439	391	830
Venue Hire	5,779	3,255	9,034
Refreshments	997		997
Volunteers' expenses	3,528	292	3,820
Events Catering	1,488		1,488
Facilitator	9,831	529	10,360
Transport	901	228	1,128
Internet - Spotify	108		108
Equipment Instruments	1,485	1,039	2,524
Workshop materials	1,181		1,181
Office stationary, postage	54	334	388
Posters design and printing	461		461
PR/ Web development	1,525	222	1,746
Phone/Internet/Zoom	192		192
Legal		13	13
Insurance	226		226
Accounting	500	40	540
Training		60	60
Total Expenses	33,795	6,401	40,196
Total Income	20,943	15,004	35,946
Surplus/Deficit	(12,852)	8,603	(4,250)

Joy of Sound Balance sheet as at 31/03/2024

Non - Current Assets

Tangible Assets Nil

Current Assets

Inventories Nil

Receivables Nil

Bank and Cash 32353

Net Assets 32353

Funds of the charity

Brought Forward Restricted 23170

Brought Forward Unrestricted 13433

Total Brought Forward 36603

Carried Forward Restricted 10318

Carried Forward Unrestricted 22036

Total Carried Forward 32353

Independent Examiner's Report to the Trustees of Joy of Sounds for the period ended 31 March 2024

I report to the trustees on my examination of the accounts of Joy of Sounds (the Charity) for the year ended 31 March 2024

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2007; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102). IER 2 October 2018 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 to enable a proper understanding of the accounts to be reached.

Signed *Gemma Senior*

Name: Gemma Senior – Accounting Gem Limited

Relevant Professional Body: Institute of Certified Practising Accountants (ICPA)

Address: M301 Tooting Works, 89 Bickersteth Road, London SW17 9SH

Date: 15/11/2024

Appendix 2 – Funding Breakdown

INCOME GENERATED 31ST March 2023- 1st April 2024

Funders	Funders	Funders	Funders	Funders	Funders
The London Community Foundation/Lambeth Wellbeing Fund	£9,737.50	28.07.2023	✓		
City Bridge Trust	£9,568.00	16.08.2023; 1.11. 2023; 30.01.2024	✓		
City of London	£200.00	09.01.2024		✓	
University of Greenwich	£2,000.00	10.11. 2023		✓	
Outreach Workshops' Grants	£1,757.00	11.05.2023; 3.07.2023; 25.09.2023; 01.09.2023		✓	
Donations online and cash	£1,992.48	Throughout the year	✓		
Live Workshops' Fees/Standing Order/ Payments for participants	£10,691.50	Throughout the year	✓		
Total	£35946.48				

Appendix 3 – Activity Breakdown

Activity	Attendances	Number of events	More information
Zoom Wellbeing Sessions	2383	160	Five different Zoom wellbeing sessions
Live Inclusive Music Sessions	3851	179	Venues: St Barnabas, Hackney; St Peter's, Lambeth; Salvation Army, Kensington & Chelsea; Windmill Gardens, Lambeth
Community Outreach	179	4	Lambeth Country Show; Bridge House, Hackney; LB Hackney; British Library
Zoom Meetings	105	25	Funding decisions; Funding discussion- City Bridge Trust; Book Launch Meeting; British Library planning; Jos Volunteer meal Bebb's kitchen; Lambeth Country Show prep; BT meeting; 4 KIMA Greenwich University p_ARTicipate project meetings; JOS PR film meeting with Adam filmmaker; Volunteer policies and paperwork for RBKC Volunteer Centre; British Museum meeting; 10 Lambeth Wellbeing project meetings; UX design meeting with Hannah;
Management Meetings	81	17	
Trustees meetings	18	3	
AGM Meeting	9	1	
TOTAL	6626	389	

Appendix 4 partners/collaborators/instigators 2023-24

JOS partners:

University of Greenwich
British Library Hackney Service Centre
Hackney Bridge House
Lambeth Country Show 2023
Portobello Road Antique Market Dealers
Friends of Brixton Windmill Centre
Sunshine International Arts
ColDanzaUK
Happy Drums
Shamha Vibration
Anita Arora Dance Company Ltd
L'Arche London
BeyondAutism
Brixton Bugle

JOS collaborators:

Oliver Mag Gingrich, Greenwich University
Adam Ryzman Director of Photography
Shane Arousseau - Artist
Anthony Bailey- Community, Happy Drums,
Caroline Kennedy, Circle Dance Facilitator
Charlotte Bill Director of Photography
Alexandra Wilkes Designer
Maria Tashkinova, illustrator
Stephen Wells, volunteer and artist,
Diego Laverde Rojas - International Harpist,
Zhaohan Ding – UX designer from Goldsmiths
Annamaria Galan, Zumba Leader
Marcella Hadad – Photographer
Marco Felici – Camera Operator, editor and Musician
Xihomara Zentner, Jorropo Dance Leader
Anita Anora, Dance Facilitator

Appendix 5 – Joy of Sound Vision and Mission

VISION

A world where everybody is equal and included

MISSION

A world where every person is acknowledged valued and included in all aspects of society as an equal.

VALUES

We work with all-comers of all abilities as equal collaborative co- creative partner

We put inclusive attitude into practice to make creative things happen

We build relationships grounded in mutual responsibility and trust

We show the meaning and value of inclusion by being inclusive

AIMS and OBJECTIVES

1. To promote and advocate for increased social and economic inclusion by:
 - i. Delivering regular weekly all-year-round inclusive participatory music and combined arts workshops
 - ii. Providing trainings in JOS inclusive workshop techniques
 - iii. Educating people about the value and use of inclusive and combined arts practices at educational sessions, workshops, seminars, lectures and events
2. To encourage, facilitate and acknowledge the self-expression and self- empowerment of all people, and particularly:
 - i. Impaired and disabled people
 - ii. Socially and economically deprived and marginalised people including elders
 - iii. People facing mental health challenges
 - iv. Unemployed people
 - v. People on wellbeing pathways including learning disabled people, and people living with long term debilitating health issues
 - vi. People facing barriers to their access of creative health and wellbeing activitiesby:
 - i. Providing all-year-round regular workshops
 - ii. Providing personal and social advocacy and mentoring
 - iii. Co-design and production of bespoke musical instruments and instruments access equipment
 - iv. Reaching out to engage hard-to-reach groups
 - v. Facilitating volunteer pathways for personal and social wellbeing, lifelong learning and career development
3. To increase awareness about issues relating to disability and social exclusion by:
 - i. Disseminating inclusive practices and practice based research at presentations, showcase events, festivals and conferences in UK and abroad
 - ii. Developing and providing Inclusive Social Training Development with disabled people, familial and professional care and support givers, volunteers and community
 - iii. Engaging with existing and developing strategic networks forging opportunities for collaboration and focus towards increased public awareness and social change

JOY OF SOUND (JOS)

England & Wales - Charity number 1126361

Accounts

JOY OF SOUND
ANNUAL REPORT AND ACCOUNTS
FOR YEAR ENDED 31/03/2023
COMPANY REGISTRATION
No. 6403192

JOY OF SOUND

Report of the trustees for 12 months ended 31/03/2023.

The trustees present their annual report and financial statement for 12 months ended 31/03/2023 and confirm that they comply with the Charities Act 1993, as amended by the Charities Act 2006, the Trustee Deed and the Charities SORP 2005.

Name of Charity: Joy of Sound (JOS)

Charity Registration Number: 1126361

Address:

48 Larner Road
Erith
Kent DA8 3RD

Bankers:

Bank of Scotland
Community Banking
38 St. Andrews Square
Edinburgh EH2 2YR

Accountants:

Accounting Gem Ltd
M301 Tooting Works
89 Bickersteth Road
London SW17 9SH

Board

Active Trustees 7
Angela Contucci, Chair
Christopher Leeds, Treasurer
Karen Morgan, Secretary
Hugh Ainsley, James Wilkie, Nigel Gilderson, Anna-Marie Franklin

No. of Trustees Meetings during 2022/23: 2
AGM Meeting: 1

Management Committee

Core team: 7
Extended team: 15

No. of Management Meetings during 2022/23: 22

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Joy of Sound (JOS) Chairperson Annual Review 2022 - 2023

Thank you to all JOS volunteers, workshop participants and associates who gave their time and energy in this 23rd year of JOS's work with the goal to create a more inclusive society.

The year has been one of consolidation and rebuilding our core provision, and embarking on new ventures. We have now firmly established running live and on line sessions in parallel, giving options for our participants, with many attending both.

We gained a very important grant from the City Bridge Trust, with £50,000 funding over a 5-year period. The income is helping enormously to cope with ever rising costs, particularly towards core costs like venue hire, and provides much needed investment in new and upgraded equipment.

A grant from the Lambeth Well Being Fund has enabled us to start an entirely new project with both on line and live workshops at a new venue, the Brixton Windmill Centre. With an emphasis on physical activity and cultural exchange, these sessions are attracting new participants, particularly elders, providing an inter-generational and celebratory series of activities.

Numbers attending have gradually built during the period. Although by no means back to pre-covid levels, we have a secure base from which to move forward.

Recognising the significance of internet based activities, we have started new initiatives for making our web communications more inclusive, improving access, and providing interactive content for participants.

We also launched our first printed publication, a collection of illustrated prose and poetry pieces created during lockdown.

We have continued with our most popular on line workshops: Tai Chi, Dance and Movement; Seated Mindful Breathing; and our Seriously Silly Sensory Session.

The combined efforts of all our volunteers, trustees, supporters, donors, grant makers and participants have helped us to get to a stable situation with good prospects for a sustainable future.



All of us at Joy of Sound send our heartfelt best wishes for the future to Clive and Judith Main, who left the Parish as Clive retired from his post as the vicar at St. Barnabas Church in Homerton.

Clive and Judith were instrumental in helping us establish a regular group in the parish, welcoming us in when we had to move from our previous location at nearby Chat's Palace in 2017.

Our Impact

Our core work continued to enable social and creative participation for those in the PMLD, LD and Disability sectors or facing Mental Health issues, for isolated people, those in residential homes and those facing barriers to travel. New projects in Brixton and Hackney have increased our reach to more elders.

We provided a wide range of workshops including opportunities for physical engagement through inclusive, person-centered movements, as well as playful and creative interaction.

Via the City Bridge Trust's Media Office, we had the opportunity for two of our team to do an interview ITV London on their 'London Live' show in August.

<https://news.cityoflondon.gov.uk/inclusive-music-charity-breaking-down-communication-barriers/>

With our combination of live, face-to-face workshops, internet based activities, our website and social media sites, we have reached many individuals.

Participant Attendances

During the past 12 months the JOS team, which includes 20 volunteers, has facilitated:

- 3295 attendances at 137 workshops at regular venues
- 3390 attendances at 154 Zoom on line sessions
- 121 attendances at 6 community based outreach projects.

Participant / Associates/ Collaborators attendances included:

Disabled People	3230
Elderly Community	692
Families with children	446
Support Workers	1920
Volunteers	880

On line activity included

- 4736 website visits
- 1238 Facebook visits
- 341 Instagram visits

Workshops Sessions

Practice Development

While our core practice, developed over 2 decades, continues to be a very effective approach, over this recent period we have enhanced our sessions in important ways.

We now regularly incorporate Tai chi based warm ups, which we have found very effective for motivating participants towards joining in activities for longer periods, encouraging physical engagement with its known benefits to well being.

We have also extended our use of Makaton signing, with many of our volunteers and facilitators increasing their vocabulary and incorporating it into workshop sessions. The Makaton system is used widely in residential homes and in education settings to facilitate communication with individuals.

"I was visiting another group a while ago, where I didn't really know anyone. Although I've only just started using Makaton, while waiting for activities to start I was able to introduce myself to one of the participants just with simple signs for "Hello, my name is Chris", and she immediately started chatting away – though I was quickly lost, it was so good to establish a rapport like that with a stranger so quickly." (Chris, JOS volunteer).

Live Sessions

Our regular weekly sessions continue at Kensington & Chelsea - Portobello Salvation Army Hall, at St. Peter's Heritage Centre in Lambeth and at St. Barnabas in Hackney.

It is always gratifying when feedback confirms that we are still on track and inspiring people:

"I was lucky enough to attend joy of sound, and I was overcome with emotions seeing how the music transformed everyone in the room. Angela, Anna, and the rest of the team are absolutely incredible in including everyone, and creating an environment of joy and happiness. Places like this are truly fundamental." (Health Professional Support Worker Lottie Giles, at St Peters)

"Today I was visiting Notting Hill Salvation Army as a minister of this church. We were welcomed by the lead facilitator, Anna, and joined the session. I was blown away by her attitude - the care, the respect, the engagement that was shown not only by her, but by the members of the group from whom these attributes are also expected and demonstrated. I loved the way she gave people time to engage in their own time with patience and care. Everyone was given the time and encouragement they needed to be able to be a full part of the group. Praise was used beautifully, acknowledging each person's achievements and contributions. I have been in many 'inclusive' music groups as both a minister and as an SEN teacher - this one was on a different level and provided a beautiful environment where inclusion was full and rich and wonderful. Well done & thank you for all you do". (Minister of the Salvation Army, Sarah O'Grady).

"I don't usually give excellent feedbacks but I fail to justify otherwise. I really enjoyed the session and was extremely impressed with the facilitator's attention to detail and each and every participant. The instruments too are very accessible". (Health professional /support worker/PA/carer Annie).

On Line Sessions

Seriously Silly Sensory Sessions use accessible improvisation games to socialise and stimulate the senses. One of the most joyful outcomes is laughter and acknowledgement through playful mirroring, there is rarely a session that does not bring people into the moment and commit to playful sensory interactions that bring out the unexpected and often surprisingly funny happenings.

"From the very start it was seriously silly, anything went and it was improvisation at its best! Whatever came into your head just came out. The facilitators were so full of energy and got the group making funny faces and expressing themselves anyway they felt. We all got to bounce ideas off one another and sing and dance alone to songs and sounds we were all making. The sessions are a real joy from start to finish and ground breaking in their approach to inclusion." (Elizabeth Merrilees – Social Prescribing volunteer).

The Tai chi, Dance and Movement workshop, now linked with work at the Windmill Centre, continues to be very popular with our participants, and involves selecting music from different countries to share their heritage with their peers.

"The group made me feel so welcome once again. The first 10 minutes was all about greeting the members and making contact with everybody including the carers and bringing them into the activities. The facilitators were speaking to each member of the group and getting them to make either a sound or movement to create a wonderful story. Their ability to engage with language and sound really stimulated and engaged the group. By the end of the session we had all made a lot of noise but what a fun way to spend an afternoon!" (Elizabeth Merrilees - Social Prescribing volunteer).

The Seated Mindful Breathing sessions pitch the activity at an inclusively accessible level, such that individuals are encouraged to explore their limitations and capabilities. Focused activity balanced by mindful stillness shared by the group can be transformational for mood, sense of self, and breath, and increased ease of mobility.

"From a personal perspective, I find the sessions enjoyable and relaxing. I feel my 'troubles' drift away and my anxiety levels are reduced considerably. The activities and the atmosphere generated are inclusive and conducive to a variety of clients, which is wonderful to experience". (Christine Stockford, Covid19 survivor).

Thank you to all the workshop facilitators for their hard work in delivering exciting accessible workshops for our participants and associates. Each workshop requires a large amount of preparation and commitment, and the team has been dedicated in offering these workshops on a regular basis to our participants.

Volunteers

Thanks to volunteers Marcelle Ben-Hague, Ray Ramos, David York, Julia Harris Voss, Patrick Carpenter, Lucy Mills, Nico Pollen, Adrian Roper, Anouck Giraud, Luka Ngoy, Tom Fallis, Mary, Carol, and Stephen Wells, whose regular attendance greatly enhances the continuity and quality of our work.

The feedback from our newer volunteers gives an impression of how they perceive the sessions, and, often, how deeply they are affected.

"The whole session was really incredible, welcoming and warm. I learned about the signals and was really impressed at how a circle of people formed itself effortlessly and organically sharing the bond of music and improvising in the moment. The signals are very simple stimuli that everyone can see or understand, whether they are movements made with the arms or the hands or reinforced with words that volunteers or participants deliver from the centre of the circle, signaling to the music players when to gently elevate or decrease the volume of their voice or playing of their instruments, when to be silent and when to stop playing, closing the improvisation. I was also very touched to see how, through non-verbal communication, persons with learning difficulties or certain disabilities express themselves as clearly and with as much intent in response to verbal communication

from the support workers or volunteers. The JOS sessions really illustrate at their core what communication and inclusiveness are all about. Everyone is de facto included. Communication happens organically. In those simple yet powerful moments we are beautifully reminded of our universal commonalities: we are all human beings sharing the joy of sound and improvisation and living in the moment. No session is ever the same and each session acts as a pure moment of joy". (JOS Volunteer Anouck Giraud)

"The facilitators bring huge amounts of energy and hard work to the session. It's good that the carers are encouraged to join in as some may feel embarrassed or reluctant. There was a joyfulness and inclusivity which lifted my state of mind". (JOS Volunteer Adrian Roper).

"Great session full of positive, inclusive energy from the JoS facilitators and the participants clearly loved being there. The location, instruments, and design of the session were all excellent". (JOS Volunteer Mary)

Training

In September the JOS team refreshed First Aid Training with the Pathways training organization. We also took part in an on line Sensory Walks training workshop.

Outreach and Events

Brixton Windmill Centre



Lambeth Well Being funding enabled us to start a new project in November at the Windmill Gardens in Brixton. It consists of weekly live and on line inclusive, creative movement workshops.

abilities.

The sessions include seated Tai chi, and uplifting community dance & movement. We aim for physical activity that is appropriate and attainable for each individual. Sessions are relaxed, with a no-pressure, fun approach to dance and movement for all ages and



Each week, the music is chosen by members of the group, giving the opportunity to experience each others' diverse cultures and heritages, or simply to share their favourite genre or piece of music.

Special events are held where guest artists are invited to share different music and dance styles, and participants enjoy cuisine from different cultures.

Hackney Community events

Working with Hackney's Community Engagement and Projects Officer, JOS ran workshops at the Webb Estate and Joseph Court. They gave an opportunity for local people to engage in inclusive music making, trying out instruments and singing.

National Trust / Sutton House



We would like to thank Sutton House for inviting us to deliver a participatory community music workshop with the wise elders of Hackney and Sutton houses' community volunteers.

Many of the participants had never played an instrument before and fed back that they enjoyed exploring and connecting with their peers through their musical interaction.

By the end of the session everybody was out of their seat dancing and laughing with a renewed energy.

This outreach was requested by a team of interns from King's College London looking for a group to host a workshop for their intergenerational befriending project. It connects people and provides companionship, bringing together Hackney residents from a diverse range of backgrounds and life experiences. Many of the participants had never played an instrument before and fed back that they enjoyed exploring and connecting with

their peers through their musical interaction. By the end of the session everybody was out of their seat dancing and laughing with a renewed energy.

The Lambeth Country Show

JOS has provided workshops for Lambeth's annual summer show for many years now, and in June we were at the first live event since lockdown forced it on line.



A massive thank you to all the families, participants and even Happis the dog that made Lambeth country show outreach a session to remember.



Angela and JOS team delivered the session with uplift and cheer getting everyone in tune with JOS signals, and even though we had a PA system blaring away next door, we got an effusive play of sounds and voices filling the space.



"It really was the joy of sound. It brought everyone together creatively with no barriers". (Drop in visitor at Lambeth Country Show, Charlotte Bill".



Lots of people of different ages and backgrounds explored new instruments they had never touched before, and many young folk tried out the signals in the centre with a resounding acknowledgement that brought wide smiles full of confidence.

There have been whispers that this may be the very last Lambeth country show. We sincerely hope this is just a rumour, but if there is any truth there, we have had a good run of intensive fun community participatory improvised music. Thank you Lambeth Country show for inviting us back again and again over the last decade.



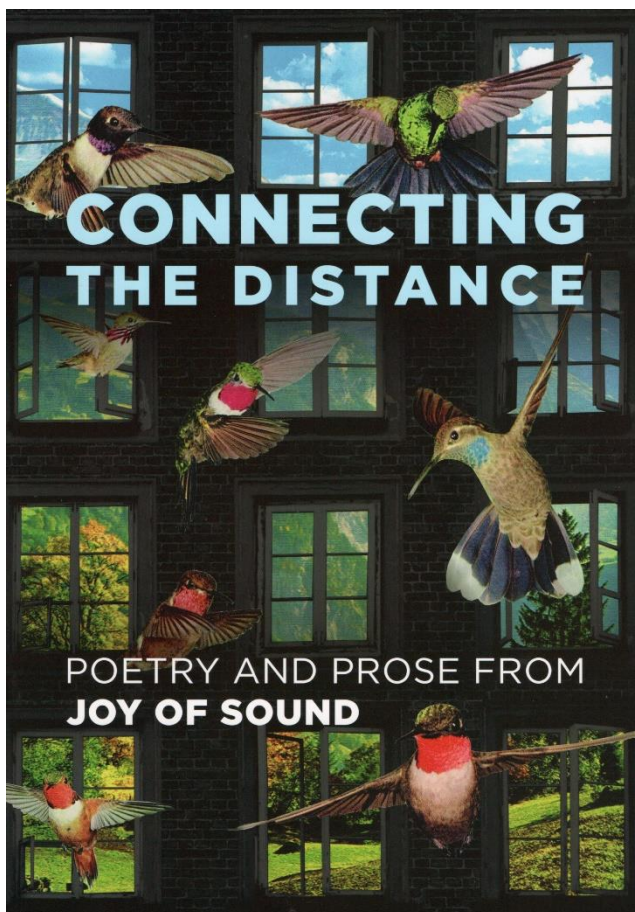
Creative Output

Joy of Sound Founder, William Longden had led the adaptation of our inclusive working approach to the Zoom platform in 2020, so that we could continue to support and promote the mental well-being of our participant group via a series of creative writing projects made during Covid Lockdown.

During lockdown there were 5 series of informal, fun Zoom sessions with pieces co-created in free exchanges. With accompanying illustrations made on the fly during the sessions, many were used as the basis for narrated videos with music provided by various JOS collaborators. This year we completed uploading the work made to our website.

We took a slightly different approach with 2 series of 'Inclusive Creative Covid 19 Legacy Project – Poetry and Prose', part of the Mayor of London's community rebuilding initiative. In the first series pieces were created by individual writers based on free association wordplay during Zoom sessions. In the second series there was a more formal editing and review process, with the aim of publication.

So, in April 2023 we held a public event at Brixton Library to launch our very first printed publication "Connecting the Distance, a collection of 24 pieces, accompanied with commissioned collage illustrations. The prose and poetry created ranged from fantasy stories to reflections on individual experiences of the pandemic – the emotional ups and downs, the effects on their own lives and those around them.



"Inclusion and listening to each other was the bedrock. Do not underestimate the importance of having somewhere to call your own, a community of exploration, a world of words. Thinking and feeling as a positive force, a honed tool rather than something to be suppressed and fought. Flights and fights in safe space.

As adventurers we explored communication through conversation and gesture, bouncing a notion in a game of catch or pass the parcel.

We created 24 pieces, as a team, as individuals, combating the boring life of Covid with creative steel and shared insight!

I very much hope you enjoy this collection. Keep being inspired!"

Karen Morgan, Project Coordinator

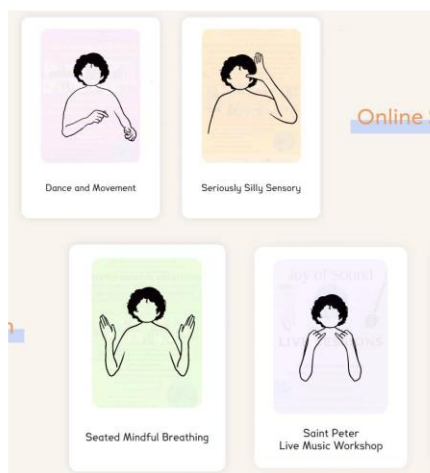
All our creative output – stories, videos, images and audio can be found on our website <https://joyofsound.org/galleries>. Copies of the book are available on request.

Website Research and Development

Our work in this area is a response to the severe lack of inclusive communication on most websites, and the barriers to access that are encountered by disabled people entering the digital world.

Web Pages

Our approach is to move away from traditional text-heavy website layouts by incorporating symbol and sign based navigation tools.



We have been able to build on last year's very innovative work with Goldsmiths University UX Department (Four students worked on analysis of our current site and incorporating inclusive site navigation tools like Makaton signing).

One of the students, Zhaohan Ding, has stayed on at Goldsmiths and we have engaged her to continue to work with us, and in March she began the first phase of research. Most of the visits to our website are to the "Join a Session" page – so the first objective is to have that page fully inclusive so that our participants can access it independently to arrange attendances.

P_ART_icipate

In May we connected with the p_ART_icipate project. This is a collaboration between Greenwich University School of Design, and an arts group, KIMA Voice. With input from NHS and Music Therapy consultants, the project is to develop an interactive audio-visual on line application. Pairs of participants can use their voices to generate visual responses, patterns generated on screen reacting to vocal input.

Joy of Sound has been invited to take part, testing and refining the system to ensure that is inclusive and accessible to all. The eventual aim is to link it to our website, with the goal of having more web based activities that our participants can enjoy.

Donations

Our participants contributed a total £10,264 at our live sessions, and various small donations via the web and cash amounted to £1,370.



Huge thanks again this year to Lee Clifford who organised the **Portobello Rd Antique Market Dealers** to make another donation which helped obtain new instruments and equipment.

Thanks also to Omri at Folkies Music Shop in Kilburn who donated another batch of guitars for us to upcycle.



Many thanks to Vesna Marich, for her continuing hard work on fundraising and administration for the charity this year. In addition to funded work, she has volunteered much of her time, and remains at the core of the team.

Summary

Like many organisations and charities working with marginalised, vulnerable and economically disadvantaged people, we faced huge challenges in the Post Covid era.

Not the least of the problems have been ever rising costs and severe pressure on regular funding resources that were necessarily diverted to coping with immediate issues. We are grateful to have received some emergency funding ourselves.

Continuity has been the other major concern for our participants in the PMLD, LD and Disability sectors. Isolated people, and those in residential homes all experience barriers to returning to 'normal' life, with disruptions to provisions for travel, staffing issues, and, of course, ongoing health issues.

Our volunteers felt similar pressures, and recruiting new volunteers has not been easy, as people's options have become restricted by the need to find employment.

However, thanks to the dedication of our core team, and some very substantial grants, we find ourselves surviving better than many organizations, and in a reasonably secure position to build and move forward.

The combination of live and online work is proving very effective in gaining and retaining participants. Our host venues have been very flexible, doing their best to keep hire charges within reason. We are happy to be able to continue our efforts to improve and innovate on line inclusivity, and to provide accessible content.

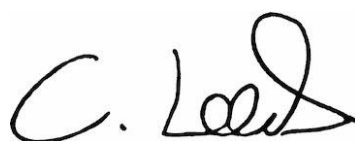
Thank you to all the trustees, particularly those who not only manage the charity, but also volunteer their time as facilitators at our regular live sessions and outreach events.

On behalf of all the JOS team, we want to thank all JOS Volunteers and Trustees for the support, encouragement and hard work that they have put into JOS this year, another one of adapting to the ever changing landscape of the field we work in.

Angela Contucci
Chairperson
23rd October 2023



Chris Leeds
Treasurer
23rd October 2023



Appendix 1 – Balance Sheet and Accountant’s Statement

Joy of Sound Income Statement for the year ended 31/03/2023

	Restricted	Unrestricted	Total
Admin Costs	663	-	663
Advertising - including website cost	655	394	1,049
Audit & Accountancy fees	-	450	450
DBS Fees	43	-	43
Equipment	938	-	938
Equipment Repairs and Maintenance	575	43	618
Facilitators	3,961	1,420	5,381
Fundraising Costs	450	360	810
Legal & Professional	13	375	388
Office Stationery & Postage	37	1,241	1,278
Phone/Internet/Zoom	176	-	176
Refreshments	1,789	209	1,998
Staff Costs	150	-	150
Training	-	1,360	1,360
Travel Costs	-	1,135	1,135
Venue Hire	3,795	1,275	5,070
Volunteer Expenses	-	31	31
Workshop Costs	631	53	684
Total Expenses	13,876	8,346	22,222
Total Income	30,358	14,409	44,767
Surplus	16,482	6,063	22,545

Joy of Sound Balance sheet as at 31/03/2023

Non-Current Assets

Tangible Assets Nil

Current Assets

Inventories Nil

Receivables Nil

Bank/Cash 36,603

Net Assets 36,603

Funds of the Charity

Brought Forward Restricted 6,690

Brought Forward Unrestricted 7,370

Total Brought Forward 14,060

Carried Forward Restricted 23,170

Carried Forward Unrestricted 13,433

Total Carried Forward 36,603

I report to the trustees on my examination of the accounts of Joy of Sounds (the Charity) for the year ended 31 March 2023

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2007; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102). IER 2 October 2018 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 to enable a proper understanding of the accounts to be reached.

Signed *Gemma Senior*

Name: Gemma Senior – Accounting Gem Limited

Relevant Professional Body: Institute of Certified Practising Accountants (ICPA)

Address: M301 Tooting Works, 89 Bickersteth Road, London SW17 9SH

Date: 10/10/2023

Appendix 2 – Funding Breakdown

INCOME GENERATED 31st March 2022- 1st April 2023				
Funders	Total	Dates Received	Active	Non-Active
The London Community Foundation/Lambeth Wellbeing Fund	£9,737.50	06.05.2022	✓	
City Bridge Trust	£9,416.00	10.05.2022; 09.08.2022; 08.11.2022; 10.02.2023	✓	
Groundwork	£300.00	11.07.2022		✓
Awards for All	£9,965.00	10.02.2023		✓
City of London	£939.00	11.01.2023	✓	
Outreach Workshops' Grants	£2,775.00	11.05.2022; 12.08.2022; 05.08.2022; 19.12.2022; 24.03.2023		✓
Donations online and cash	£1,369.90	Throughout the year	✓	
Live Workshops' Fees/Standing Order/Payments for participants	£10,264.50	Throughout the year	✓	
Total	£44766.90			

Appendix 3 – Activity Breakdown

Activity	Attendances	Number of events	More information
Zoom Wellbeing Sessions	2224	137	
Live Inclusive Music Sessions	3488	154	Venues: St Barnabas, Hackney; St Peter's, Lambeth; Salvation Army, Kensington & Chelsea; Windmill Gardens, Lambeth
Community Outreach/Live and Zoom	121	6	Worthing outreach; Sutton House; Lambeth Country Show; SENSE online taster session; SENSE online taster session for children; Webb Estate and Joseph Court, Hackney
Trainings	44	2	First Aid Training at Work -live training; Sensory walks training workshop-online training.
Zoom Meetings	117	24	Fundraising with Jim, Final report for Top-up, Lambeth Wellbeing revised proposal, meeting with students from Goldsmiths Uni, meeting with press officer CBT, meeting with the journalist from London Tonight, Collaboration- Renu meet and greet, Discussing funding project- Mayor's grant, Inclusive sports for young people with Sophie, meeting with Kate Soya from SENSE, 4 JOS people doing taster, SENSE taster, Festive story, meeting with Jerry about L'Arche in Canterbury, JOS accounts, Survey's meetings, Funding meeting, SENSE -active inclusive physical activity delivery.
Management Meetings	87	22	
Trustees meetings	12	2	
AGM Meeting	9	1	
TOTAL	6002	348	

Appendix 4 JOS partners/collaborators / instigators in 2021/2022

JOS partners:

Greenwich University
Goldsmiths University
Sutton House National Trust
The Treasure Basket Association, Worthing
Hackney Service Centre, Community Engagement and Projects Officer
Hackney Service Centre, Integrated Learning Disabilities Service
Webb Estate & Joseph Court, Hackney
GLA (Greater London Authority)
Lambeth Country Show 2022
Pathways Training
NCVO
Portobello Road Antique Market Dealers
Bonnington Centre Community Association
Southside Rehabilitation Association
SENSE
University of East London
Brixton Library
Friends of Windmill Gardens, Brixton
City Bridge Trust Press Office
ITV London Tonight
Sunshine International Arts
ColDanzaUK
Shamha Vibration
L'Arche London
BeyondAutism

JOS collaborators:

Jim Greenwood
Shane Wheatcroft
Maria Tashkinova
Stephen Wells
Diego Laverde Rojas
Zhaohan Ding
Annamaria Galan
Marcella Hadad
Xihomara Zentner

Appendix 5 – Joy of Sound Vision and Mission

VISION

A world where everybody is equal and included

MISSION

A world where every person is acknowledged valued and included in all aspects of society as an equal.

VALUES

We work with all-comers of all abilities as equal collaborative co- creative partner

We put inclusive attitude into practice to make creative things happen

We build relationships grounded in mutual responsibility and trust

We show the meaning and value of inclusion by being inclusive

AIMS and OBJECTIVES

1. To promote and advocate for increased social and economic inclusion by:
 - i. Delivering regular weekly all-year-round inclusive participatory music and combined arts workshops
 - ii. Providing trainings in JOS inclusive workshop techniques
 - iii. Educating people about the value and use of inclusive and combined arts practices at educational sessions, workshops, seminars, lectures and events
2. To encourage, facilitate and acknowledge the self-expression and self- empowerment of all people, and particularly:
 - i. Impaired and disabled people
 - ii. Socially and economically deprived and marginalised people including elders
 - iii. People facing mental health challenges
 - iv. Unemployed people
 - v. People on wellbeing pathways including learning disabled people, and people living with long term debilitating health issues
 - vi. People facing barriers to their access of creative health and wellbeing activitiesby:
 - i. Providing all-year-round regular workshops
 - ii. Providing personal and social advocacy and mentoring
 - iii. Co-design and production of bespoke musical instruments and instruments access equipment
 - iv. Reaching out to engage hard-to-reach groups
 - v. Facilitating volunteer pathways for personal and social wellbeing, lifelong learning and career development
3. To increase awareness about issues relating to disability and social exclusion by:
 - i. Disseminating inclusive practices and practice based research at presentations, showcase events, festivals and conferences in UK and abroad
 - ii. Developing and providing Inclusive Social Training Development with disabled people, familial and professional care and support givers, volunteers and community
 - iii. Engaging with existing and developing strategic networks forging opportunities for collaboration and focus towards increased public awareness and social change

JOY OF SOUND (JOS)

England & Wales - Charity number 1126361

Accounts

JOY OF SOUND

**ANNUAL REPORT AND ACCOUNTS
FOR YEAR ENDED 31/03/2021**

**COMPANY REGISTRATION
No. 6403192**

JOY OF SOUND

Report of the trustees for 12 months ended 31/03/2021. The trustees present their annual report and financial statement for 12 months ended 31/03/2021 and confirm that they comply with the Charities Act 1993, as amended by the Charities Act 2006, the Trustee Deed and the Charities SORP 2005.

Name of Charity: Joy of Sound (JOS)

Charity Registration Number: 1126361

Address:

48 Larner Road
Erith
Kent DA8 3RD

Bankers:

Bank of Scotland
Community Banking
38 St. Andrews Square
Edinburgh EH2 2YR

Accountants:

Genevieve Seddon
61 Brailsford Road
Brixton
London SW2 2TB

Joy of Sound (JOS) Chairperson Annual Review 2020 - 2021

Thank you to all JOS volunteers, workshop participants and associates who gave their time and energy in this 21st year of JOS's work with the goal to create a more inclusive society. The dedication of the team has been highlighted through a major transition for the charity to hosting workshops and events to an online platform on a regular basis.

Achievements and performance

During the past 12 months the JOS team has facilitated 6924 session attendances at 348 inclusive online workshops and events. JOS's website has been visited 11580 times and JOS's Facebook has had 9878 hits.

On the 1st on January 2021, William Longden, Joy of Sound's founder and Director changed his active role to become an honorary trustee and mentor for the Charity. William's work towards to the charity has been substantial over the past twenty years and many of the methods, philosophies and practices that JOS embraces have been developed by William. We appreciate all the hard work he has put into this organisation and thank him for the enormous time and commitment that he has contributed to the charity over the past twenty years.

Activities and objectives in the year

Due to the covid-19 lockdown, all JOS in-person workshops moved to an online format in March 2020. During the past 12 months, JOS has been consistent and dedicated in providing at least 5 online workshops a week to its participants and associates. These workshops include:

Dance and movement, Seated Meditation, Creative poetry, Ever New Stories, Musical song and games, Seriously Silly Sensory Session and Here, There and Everywhere.

These workshops offer a wide range of inclusive activities to meet the varying interests of JOS's participants. This report includes an overview of each workshop, including the objectives and any resulting highlights and feedback.

Ever New Stories 2020 - 2021

The Ever-New Stories strand was developed with our participants as a way to work as groups to create a series of illustrated stories which would be published on the JOS website as a lasting memento of difficult times. The collection of some 40 stories can be viewed here www.joyofsound.org/jos-creative-writing-projects

The "Covid Lockdown Stories" (May – July 2020) are free flowing, imaginative adventures reflecting the initial experiences and reactions to lockdown, featuring fantastical creatures, dreams and tea-parties.

"JOS International Stories" (July – Sept 2020) explore the diverse heritages of JOS's participants, taking in many countries from Italy and Ireland to Croatia and Iran, and as far

afield as Morocco, Russia and Taiwan. The stories include famous landmarks, elements from local folktales and people's personal remembrances and experiences of migration.

"JOS Incredibles"(October – December 2020) are stories that acknowledge and celebrate the unique qualities, strengths and personalities of various members of JOS as they coped with the continuing lockdown, demonstrating their resilience as individuals, and how each person can lift the spirits of the whole community.

The "Our Street" stories (January – March 2021) look at the impact of the seemingly endless restrictions on people's day-to-day lives and their neighborhoods, how friendships could be maintained, how lives might be improved – plus, of course, many adventures and unusual visitors along the way.

Many thanks to Maria Tashnikova, our brilliant illustrator who created many pictures reacting on the fly to everyone's ideas and suggestions during the sessions themselves, and afterwards as the stories were being edited down from the contributions the group made. Her black and white outline pictures were then offered back to members of the group for colouring, producing a spectacular sequence image for each story.

Feedback from an Ever-New Stories workshop participant's parent:

"The sessions have been extremely important for my daughter Lisa because they have helped her to come out of her shell and make her progress significantly, helping to develop the way she communicates with others, her vocabulary and an interest in stories, songs and exercise."

Here, There and Everywhere (HTE) Workshop 2020 - 2021

Here, there and everywhere is an inclusive virtual workshop which explores different cultures and places around the world through multi-media and multi-sensory exploration. The workshops are led by participants and the places we explore are determined by them. The learning team at the British Library has generously supported this workshop with privileged access to the British Library Sound Archive, enabling the use of rare and interesting audio recordings from around the world to set a sense of place and a basis for activities for our participants. The British library also financially supported the workshop on five occasions with a total of £2396.40. As well as many benefits to our participants, this workshop has offered opportunities to our team in expanding and developing our facilitatory practice and developing new and important networks for the charity.

Feedback from Participants Nefise and Gengiz about HTE:

*"Gengiz got so much out of the sessions and really enjoyed travelling and exploring all the different places around the world. He wanted me to let you all know how fun and interesting they were and how the interaction online has kept him going throughout the difficult Covid period.
I am really grateful to you all for the hard work in making these sessions available."*

Seriously Silly Sensory Session Workshop 2020 - 2021

Seriously Silly Sensory Session uses accessible improvisation games to socialise and stimulate the senses. Improvisational games were used in our live, in-person sessions to warm up, bring focus and connect to each other at the start of each session. These games are at the heart of our practice as they are totally inclusive and people can offer whatever movement, sound, sign or sensory element, however big or small as an inspiration to the group and it will be copied and acknowledged by all the participants. Knowing the value of these theatrical and embodied practices, we have been able to use these games to interact through the screen, using imaginative sensory play to overcome isolation, and the distance and passivity that could happen with online virtual workshops.

One of the most joyful outcomes is laughter and acknowledgement through mimicry, there is rarely a session that does not bring people into the moment and commit to playful sensory actions that bring out the unexpected and often surprisingly funny happenings. We have also found some interesting long term learning moments for our participants as shown in this quote from Tina Molinaro- mother to Andre her adult son with learning needs.

'Silly session helps to expand his vocabulary and again he likes me to write down words used so he can look at them after...It has been a fantastic support during lockdown for me and Andre and it's been brilliant getting to know the various characters who attend the sessions. The sessions have been invaluable over the last year. Andre definitely comes out of his shell more while attending.'

Dance and movement Workshop 2020-2021

The Dance and movement workshop has been very popular with our participants and it's been an educational journey for both participants and facilitators. We have travelled around the world selecting music from different countries which has created opportunities for individuals to share their heritage with their peers. The session encourages individuals to select and share their favourite pop stars, types of instruments or a type of music. The session then allows for everyone to contribute a dance movement encouraging self-volition, enhance recall, memory, stimulation, creativity and lots of fun through movements and creating a dance sequence as a group.

'The movement session is good for Andre's imitation skills as this is a vital skill for him to learn'. Participant's parent

Song and sign Workshop 2020-2021

Song and sign is about learning new Makaton signs but also offers opportunities in developing listening skills, vocal sounds and movement. Our participants have the opportunity to use random words and together create improvised silly verses using Makaton signs and movement. Some of the songs are selected by participants and we mainly invite everyone to share their learned sign or a preferred movement. This part of

the session enables individuals to participate together with improvised music . Participants are encouraged to learn new signs through fun musical games and play.

"He loves the sessions and looks at the time as if he doesn't want them to end".

Participant's parent

Inclusive Creative Covid19 Legacy Project - Poetry and Prose 2020-2021

A follow on and development of the 'Creative Writing for Wellbeing 'series, we sought to engage with participants facing mental health challenges through an awareness of the increased isolation which arose from enforced shielding.

Our aim was to construct a creative legacy in the form of online animated poems and a printed book. This project would develop from earlier work in so far that a greater number of finished pieces would evolve through specific sessions on a 1-1 basis between participant and facilitator. We took the decision to nominate a writer each week to devise a piece from the material generated during each weekly session.

24 pieces of work were created with bespoke illustration by collage artist Shane Wheatcroft. Participants unfamiliar with Joy of Sound came to the sessions, drawn perhaps by the innovative structure and the opportunity to use the written word as a journal of experience. Finalisation of both the online presentation and the hard copy book will occur shortly.

"Like many of us currently, I am dealing with shielding: faced with some health challenges, cut off from the normal daily routines, from friends and visitations, retail therapy... the world has shrunk almost overnight to the size of my flat.

My longing for something to fill this void, for the opposite of "social distancing", was answered last autumn when JOS ZOOM-ed in and exploded into my space through the computer screen. People I had never met before "rushed" into my living room from theirs and a word picked by a JOS facilitator prompted us to talk to each other.

Through the plasma screen, the connection was almost palpable! An unforgettable moment of simple, electric, goose-bumpy, human connection that grabbed my heart and still holds it..

"

Vessna Urosevic, participant writer

Seated meditation 2020-2021

Nigel, facilitator of the Seated Meditation workshop

As a facilitator I have been especially inspired by perceiving the flow of natural movement that participants sometimes synchronise into. The specific challenges were to pitch the activity at an inclusively accessible level, such that individuals are encouraged to explore their limitations and capabilities. For me as a facilitator, fellow participant, and holder of the space I have been gratified by the moments where the participants have taken the lead and shared with the group, their unique nuanced input.

Judging by the display of focussed activity balanced by mindful stillness shared by the group, it is apparent to me that some transformational potentials for mood, sense of self and breath, and increase of ease of mobility, were palpable short-term outcomes.

Thank you to all the workshop facilitators for their hard work in providing new and exciting accessible workshops for our participants and associates. Each workshop requires a large amount of preparation and commitment and the team has been dedicated in offering these workshops on a regular basis to our participants.

“Inside I’m Free” Film

I enjoyed taking part and it made me feel very happy inside." (Gengiz Hussein)

‘For me to be part of this film is an incredible part of my life story.’ (Jennet Fone)

This feedback from the participants about the process of making the short film "Inside I’m Free” is what the Joy of Sound’s new film endeavour was about: to enable those stuck inside their flats and gardens during the first lockdown in London 2020 to feel happier, taking part in dancing and filming. Isolation and shielding became much more bearable on the days they were dancing around forgetting the gloomy restrictions of the confusing pandemic times we were living in. The joy of movement combined with the joy of music proved once again to be a winning therapeutic tool, transforming the entrapping walls and closed doors into healing spaces where they felt free.

Music by Chris Leeds and The Waterboys. Many thanks to Mike Scott from The Waterboys who gave JOS the rights to use instrumental version of his song ‘Everybody Takes a Tumble’. Dances were choreographed by Ekaterina Peskova. Film was directed and edited by Vesna Marich.

The film is on the festival circuit and just got an award in Japan.

Training and Events

As well as the regular workshops, the JOS team has been busy in training in new skills, creating new network opportunities and presenting at other outreach opportunities.

On the 13th May 2021, five members of the JOS team took the ‘Mental Health First Aid Training ’with Pathways Consultancy. This training provides the skills, knowledge and understanding of first aid for mental health and how to effectively support those experiencing stress. All members of the team successfully passed the course and received their certification.

On the 14th August, five JOS volunteers attended a half day training on Mental Health Awareness Training with Siren Training, which taught about making care plans and looking out for signals and how to support staff’s mental health. All members of the team successfully passed the course and received their certification.

A grant from the Walcott Foundation allowed for JOS to help people gain digital access to the internet and online workshops. JOS donated tablets to associated care homes and people who were shielding and offered training on how to use technology. JOS volunteers

offered technical training to associates and the team to enable use of the program 'Zoom' for online workshops. Hugh delivered over 5 hours of workshops to 3 individuals, the JOS team and over 30+ participants at the centre 'Bay tree', a social inclusion charity for women and girls.

Many of the regular outreach events and conferences that JOS attends were either cancelled, postponed or moved to an online format this year due to the CV-19 pandemic. JOS ran our regular workshop at the Lambeth Country Fair on the 18th July in an online format for attendees of the festival.

Financial review

The financial year 2020-21 started with the Covid-19 pandemic and national lock-down which kept us all at home working on our computers. The conversion of JOS's workshops from face-to-face live workshops to online Zoom workshops demanded some rapid and constant fundraising efforts; applications were sent to funders, one after another, and there were plenty of new LA grants, National Lottery grants and other grants, many Covid-19 related, to choose from and to apply to. Thirty-one applications were submitted from the beginning of April 2020 till the end of March 2021. Eleven of those applications were successful and brought regular revenue for JOS's six ZOOM workshops, altogether £41,960 was raised. There was also a constant stream of personal donations via CAF or direct payments, altogether £1616.40 was donated.

Two successful proposals were not about the money but about the recognition of JOS's work, and In Autumn/Winter 2020 JOS gained two new awards: Epic Award by Voluntary Arts for JOS's Krar project, premier award for community and volunteer -led creative projects based in the UK and Republic of Ireland. JOS was the England Winner.

JOS founder's Dr William Longden's work with disabled people in London was recognised by the National Lottery Good Causes and bespoke designed bench dedicated to William Longden has been placed in Hackney Marsh. William Longden is one of 12 "Unsung Champions" across UK being honoured for their time and efforts using funds raised by National Lottery players, in supporting some of the most vulnerable in communities during the pandemic, just when they needed it most.

Many thanks to Vesna for her hard and continuous work on Fundraising and Administration for the charity this year. She has been the core of the team during difficult times and her commitment and sustained efforts are continuously appreciated.

Summary

During the winter of 2021, the JOS team faced a big challenge in restructuring the core management team which required a huge amount of new and extra work for many members of the team. Thank you to all the volunteers for the extra hours and energy that you have put into sustaining the charity during this period through long Management Meetings, Trustee Meetings, Safeguarding Meetings and Web Meetings among others.

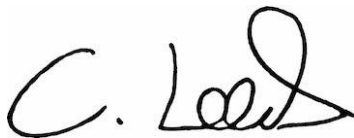
During this 21st year of JOS project development and delivery, we have once again demonstrated the commitment, ability and perseverance of JOS dedicated volunteers in providing high quality inclusive combined arts and music workshops for participants of all ages and abilities. The wide range of workshops offered to our participants has been responded with regular attendance to all the workshops as well as new associates joining JOS from further afield via internet.

On behalf of all the JOS team I want to thank all JOS Volunteers and Trustees for their support, encouragement and hard work that has been put into JOS this year. It has been a year of large changes for the charity and the ability to adjust and adapt has resulted in JOS progressing to a new stage in its core team whilst withholding a focus of the benefits of applied inclusive society and sharing responsibility.

Hugh Aynsley
JOS Chairperson
15th November 2021

A handwritten signature in black ink, appearing to be 'H. Aynsley', written in a cursive style.

Chris Leeds
Trustee
15th November 2021

A handwritten signature in black ink, appearing to be 'C. Leeds', written in a cursive style.

Joy of Sounds Income Statement for the year ended 31/3/2021

	Restricted	Unrestricted	Total
Staff Costs	8,645	-	8,645
Facilitators	14,175	610	14,785
Volunteer Expenses	64	25	89
Workshop Costs	329	31	359
Equipment	2,447	123	2,570
Travel costs	538	55	593
Venue Hire	-	-	-
Refreshments	12	15	27
Admin costs	4,410	4	4,414
Phone / Internet / Zoom	424	10	434
Training	2,178	-	2,178
Total Expense	<u>33,222</u>	<u>872</u>	<u>34,094</u>
Total Income	<u>42,051</u>	<u>2,743</u>	<u>44,794</u>
Surplus	<u>8,829</u>	<u>1,871</u>	<u>10,700</u>

Joy of Sounds Balance Sheet as at 31/3/2021

Non Current Assets

Tangible Assets NIL

Current Assets

Inventories NIL

Receivables NIL

Bank / Cash £22,459

Net Assets £22,459

Funds of the Charity

Brought Forward Restricted £10,887

Brought Forward Unrestricted £872

Brought forward £11,759

Carried Forward Restricted £19,716

Carried Forward Unrestricted £2,743

Carried Forward £22,459

Independent Examiner's Report to the Trustees of Joy of Sounds for the period ended 31 March 2021.

I report to the trustees on my examination of the accounts of Joy of Sounds (the Charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102). IER 2 October 2018 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 accounts to be reached.

Signed: 

Name: Genevieve Seddon

Relevant professional qualification: ACA Chartered Accountant, member of Institute of Chartered Accountants for England and Wales.

Address: Top floor flat, 61 Brailsford Road, Brixton, SW2 2TB

Date: 15/11/2021