

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.

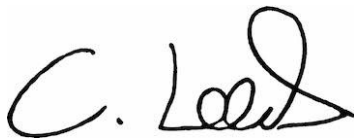
During this 21st year of JOS project development and delivery, we have once again demonstrated the commitment, ability and perseverance of JOS dedicated volunteers in providing high quality inclusive combined arts and music workshops for participants of all ages and abilities. The wide range of workshops 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