

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

Contents

Joy of Sound (JOS) Chairperson Annual Review 2023-2024.....	4
Our Impact.....	5
Participant Attendances	6
Workshops Sessions	6
Practice Development	6
In- person, 'Live' Music Sessions	7
On Line Interactive Wellbeing Sessions	8
Volunteers	10
Outreach and Events	10
Lambeth Wellbeing project at Brixton Windmill Centre	10
Hackney Community Outreach events	11
British Library	11
The Lambeth Country Show Outreach	11
Website Research and Development	12
Web Pages	12
P_ART_icipate	12
Donations	13
The Future	13
Summary	14
Appendix 1 – Balance Sheet and Accountant's Statement	15
Appendix 2 – Funding Breakdown	17
Appendix 3 – Activity Breakdown	18
Appendix 4 partners/collaborators/instigators 2023-24.....	19
JOS partners:	19
JOS collaborators:	19
Appendix 5 – Joy of Sound Vision and Mission	20

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" Gevoohn - 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 McCreadie, 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 “Harpsicles” 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.

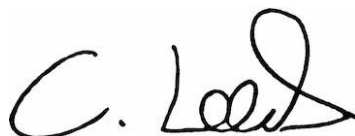
With society being so technologically driven now, this is another area where social inclusion is paramount, hence our work with Greenwich University's Kima project to develop accessible on line, and continuing the process of redesigning our website so it is a more accessible for our core participants, 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 Practicing 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 Aurousseau - 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