

**Charity Name:** Forget-me-not Chorus

**Other names charity is known by:** The Forget Me Not Chorus Cardiff, FMNC

**Charity number:** 1151812

**Charity's operating address:** 11 - 13 Penhill Road Cardiff CF11 9PQ

**Name of the charity Trustees who manage the charity:**

Name	Role	Appointment	Retired
	(if any)	(if not whole year)	
Dr Rachel Akande			
Daniel Benham			
Dr Gavin Davies			
David Hill	Treasurer		01.09.2025
Bryan Hughes	Chair		
Dr Gwawr Ifan			
Christine Lewis			
Dr Haydn Mayo			
Dendy Vickery			
Non Tudur Williams			

**Names and addresses of advisors:**

**Name**

**Address**

HSJ Accountants

Severn House Hazell Drive Newport NP10 8FY

**Names of senior staff with delegated responsibilities:**

**Name**

**Role**

Kate Woolveridge MBE

Director (Artistic) retired 31.12.2024

Sarah Teagle

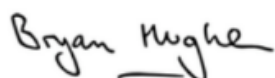
Director (Operations)

Katherine Harri

Director (Development and Communications)

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

**Signed on behalf of the charity's Trustees**



**Bryan Hughes**

**Daniel Benham**

**Chair**

**Trustee**

**23.10.2025**

**23.10.2025**

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## Introduction

Described as 'a spa for the soul', [Forget-me-not Chorus](#) (FMNC) supports those living with and alongside dementia through the power of song. Inclusive singing sessions in community, social care, and online settings empower participants to use and share their creative voice: stimulating pride, educating others and challenging stigma. Registering as a charity in 2013, FMNC has grown from a single Cardiff-based community choir to a pioneering UK-wide service with creativity, compassion, and connection at its core.



## How the power of song makes a real difference

We harness the power and meaning of music and song to help people with dementia, and make a genuine difference. Research ([International Longevity Centre UK/Utley Foundation, 2018](#)) found evidence that music has significant physical and mental health benefits for those with dementia and helps to retain speech and language skills longer. Analysis showed that music helps to minimise some of the behavioural and psychological symptoms, such as agitation, can help to tackle anxiety and depression, and importantly, helps improve quality of life. Crucially, we make a difference to those living *alongside* dementia too. In addition to the physical and emotional benefits that singing brings, being part of FMNC provides families and carers with mutual support and understanding, as they have the opportunity to meet with and share experiences with people who are on a similar journey.

## Our vision

To bring joy and meaning into the lives of those living with and those affected by dementia through the power of song

## Our mission

To empower those impacted by dementia, offering an opportunity to share the joy of music in a safe and normalising environment, inspiring all to participate to the best of their abilities

## Our values

### Excellence

A diagnosis of dementia is often accompanied by the perception that people can no longer contribute. We counter this perception by always working to the highest possible standards. Collaborating with professional artists creates performance works of the highest artistic merit, exceeding expectations and building self esteem.

### Community

We provide a trusting environment that encourages a community of mutual support and understanding, and a safe, inclusive space where all behaviours are accepted.

### Empowerment

As dementia progresses, it will reduce capabilities, making what were formerly everyday activities a huge challenge. This drains confidence and leads to a sense of isolation. We provide a meaningful artistic platform; restoring pride, bringing pleasure and raising awareness of the impact of living with and alongside dementia.

### Joy

We create singing communities where joy and laughter are the norm, providing an escape from the often relentless everyday caring routine.

“Choir is our happiness fix”

MARGARET & SIMON



WINNER: Arts & Business Cymru Nicola Heywood Thomas Prize for the Arts 2024

WINNER: Gold The Sir Bryn Terfel Foundation Wales Care Award for Promoting the Arts in Social Care 2022

WINNER: Hodge Foundation Prize Arts & Business Cymru Celebrating Resilience & Creativity in Action 2021



**We support those living with *and* alongside dementia, wherever they are in their dementia journey, through four strands of work.**

## **Strand One | Community**

Weekly in-person sessions for people living with and alongside dementia take place in:

- Cardiff North
- Cardiff South & Vale
- Denbighshire & Conwy
- Newport
- St Austell (alternate weeks)
- online

Sessions are free, and no formal referral is needed.

## **Strand Two | Care home services (May 2024 - April 2025)**

During the year, we transitioned our care home delivery from the post-pandemic 'Singing Strong Care Home' programme to two strands. These new models allow us to work more regularly with homes, creating a sense of community and continuity.

FMNC **Duet** Care Homes receive two sessions per month

- 2 in North Wales
- 2 in Cornwall
- 1 in Rhondda Cynon Taf
- 2 in Newport
- 3 in Cardiff & Vale
- 50 care homes join us at a fortnightly Zoom session located throughout the UK

FMNC **Forte** Care Homes receive three sessions per month

- 4 homes in Cardiff & Vale of Glamorgan

## **Strand Three | Hospital in-patient services**

### **Cardiff and Vale University Health Board**

- 8-week project with Young Onset Dementia Cariat Cafe (Barry Hospital)
- East 12 (University Hospital Llandough Mental Health Service for Older Persons)

### **Hywel Dda University Health Board**

- Bryn Golau Ward (Prince Philip)
- St Non Ward (Withybush)
- Enlli Ward (Bronglais)

## **Strand Four | Pre-recorded Singing Sessions**

- Sing, sing together 1
- Sing, sing together 2
- Christmas with FMNC
- Party with FMNC
- Shalom, my friend
- Sing with me, dance with me
- Cân o'r galon
- Canwch gyda fi, dawnsiwch gyda fi
- If music be the food of love, play on
- Bring me sunshine

Our commitment remains to offer our sessions to stream and/or download free of charge to any individual or care home that requests them.

## A Case Study: Oxton Grange

We have been absolutely delighted to see many care homes across the UK engage with our free pre-recorded singing sessions. Oxton Grange in Prenton has embraced them as part of their weekly activities, forming their very own FMNC by holding regular rehearsals every week for staff and residents. Activities coordinator Julie told us:

“

**Our Forget-me-not Chorus sessions have been incredibly rewarding and brought joy, song and movement into the lives of our residents, staff, and family members – all of whom have joined in.**

**We have had fantastic feedback and seen some wonderful outcomes with people’s confidence, social interactions, and visible joy all being positively impacted.**

**We would like to thank everyone at Forget-me-not Chorus for their incredible dedication and effort.**



SpringCare



## Projects

**One in two people will be affected by dementia in their lifetime: either by caring for someone with the condition, developing it themselves, or both (Alzheimer's Research UK).**

For many people, much is feared about dementia despite its prevalence. For our choristers, it is the stuff of daily life. Each day brings encounters with difficulties, pleasures, challenges, laughs and losses, absurdities, frustrations, and love. Our creative output serves to demystify the condition. We celebrate and honour those who live with *and* alongside dementia, bringing a sense of achievement and artistic joy to all involved. Our bar is set high in terms of excellence and quality, and choristers are challenged to learn new works, defying expectations and demonstrating what *can* be achieved on the dementia journey. Our service is not about bringing back old memories by singing old songs: instead, we engage, empower, and energise in the *moment* by offering a creative voice to our choristers.

### **Spring 2022 - Autumn 2024: *Calon***

Forget-me-not Chorus has partnered with Cardiff & Vale Health Charity since 2017. Pre-pandemic, we ran a weekly choir at Llandough Hospital, going on to provide outdoor singing sessions during the pandemic when it became impossible to access the wards themselves, and we continue to deliver ongoing singing sessions in several Cardiff and Vale UHB settings to benefit the mental, emotional and physical well-being of both staff and patients impacted by dementia.

In 2022, the existing partnership was developed to create a project called FMNC *Calon*, supporting those who have loved and lost someone with dementia. *Calon* met in Cardiff for a two-hour rehearsal led by a professional music team - Ben Pinnow and Ben Teague - and brought choristers from Cardiff, the Vale of Glamorgan, and Newport together every week. Although the project has now come to an end, we are so proud of what was achieved by our very special *Calon* Chorus over two years, supported by Cardiff & Vale Health Charity and Arts for Health & Wellbeing.



*Held by this precious space, together through song  
No need to name it, the grief understood,  
We share, without words, for whom we so long,  
Warmth, solace and kindness brightens our mood.  
This missing, we carry, just under our skin,  
Memories of dear spouses, sisters and mothers,  
And here, singing loud, we can honour our kin,  
Take a breath for a while and deep comfort in others.*

Taken from 'Demenstoria', 2024

### **May 2024: *That's Amore!***

North Wales choristers celebrated the end of the spring term with *That's Amore*. The show included two beautiful Welsh language solos from Glesni Jones, a soprano studying singing at the Royal Northern College of Music and Drama. We were delighted to see so many supporters at the event, including Cllr Joan Barker, Deputy Mayor of Bodelwyddan and Andy Dunbobbin, Police and Crime Commissioner for North Wales.



### May 2024: St Austell Pilot Community Choir

We have worked with staff and residents of six Cornish care homes since 2021, but in May 2024, we began our first community chorus outside Wales in St Austell, supported by Arts Council England National Lottery Project funding.

### September 2024: Summer Sharings

Our newest community chorus in St Austell marked the end of their first term with a sharing at Mount Charles Church, performing the traditional folk song *Trelawny* to a packed house, joined by tenor Cameron Rolls. FMNC Calon and FMNC Cardiff and Vale choruses celebrated the Paris Olympics in song, donning Breton stripes and berets before enjoying coffee and pâtisserie together, with bouzouki player Tim Crahart adding a touch of Greece. FMNC Denbighshire & Conwy also celebrated the Olympics in Bodelwyddan, where accordionist Stephen Rees created a Parisian atmosphere with his beautiful solo playing. FMNC Newport rounded off the weekend with a joyful sharing at Christchurch Hall, featuring a moving solo performance of *Fields of Gold* by their leader Verity-Belle Green, accompanied once again by Tim Crahart.

## The Impact!

- **140 community sessions** supported **180 people** living with and alongside dementia in Cardiff North, Cardiff South & Vale, Newport, Denbighshire & Conwy, and Cornwall
- **262 care home sessions** delivered in-person at 25 care homes supported over **945 residents and staff**
- **30 zoom sessions** attended by 50+ care homes supported over **650 residents and staff**
- **70 hospital sessions** across 4 wards in two health board regions supported over
- **900 inpatients and hospital staff**
- **27 volunteer singing buddies** helped us to build community through shared song
- **10 pre-recorded singing sessions** have over **2000 subscribers!**



## The Team

- 10 Trustees
- 6 Staff
- 5 Session Coordinators
- 25 Musicians
- 27 Singing Buddies



**October 2024:** An announcement from Kate Woolveridge MBE, FMNC Co-founder and Director (Artistic)

Dear friends

Following my big birthday over the summer, I wanted to let you know that I will be retiring at the end of December. When I co-founded Forget-me-not Chorus with Sarah in 2011, I had no idea of the life changing, life enhancing journey the charity would take me on. I feel so fortunate and grateful for all the wonderful experiences FMNC has offered.

At the heart of the charity - and the reason that it was formed in the beginning - is the community of choristers who are living with and alongside dementia. I am constantly humbled and inspired by the bravery, resilience and spirit of those we sing with, and overjoyed to witness the impact our work has on all those we reach.

The charity will continue to deliver joyful music-making the Forget-me-not way, and I know that the team that we have built over many years is the absolute best. Artistic plans are all in place for 2025 and it's very much 'business-as-usual' for our incredible team, led by Sarah and Katherine. Forget-me-not Chorus will always be in my heart and I will stay officially connected as a patron. I look forward to seeing many of you for our Christmas Celebrations in December.

With love and sincere thanks always

Kate

As part of our commitment to ensuring that Forget-me-not Chorus operates as efficiently, sustainably, and impactfully as possible, we restructured our staff team with a focus on cost-effectiveness and operational clarity. With much-loved Kate's retirement at the end of December, we transitioned from a single Artistic Director role to a model of freelance artistic leads and mentors. This new arrangement allows us to retain and strengthen our creative capacity, ensuring that the vision, values, and high standard of work that Kate has fostered continue.

## FMNC awarded the inaugural Nicola Heywood Thomas Prize for the Arts

The 29th Arts & Business Cymru Awards 2024 took place at ICC Wales on Thursday 4th July and the black-tie ceremony revealed the winners of ten prestigious awards. Well-known personalities including Grammy Award-winning Soprano Rebecca Evans and Olympic athlete and broadcaster Colin Jackson, took to the stage to present the winners with their trophies.

We were delighted to cheer the Cardiff & Vale Health Charity team on as their collaborations with Forget-me-not Chorus, Motion Control Dance and Rubicon Dance were recognised in the Arts, Business & Health category before they were awarded the title of Sony Business of the Year.

Our own evening ended on a real high note as we were awarded the inaugural Nicola Heywood Thomas Prize for the Arts: a very special prize named in honour of a true champion of the arts, and friend of Forget-me-not Chorus. Rachel Jones CEO of Arts & Business Cymru said "Through all her work, Nicola strived to make the arts truly accessible to all, using her extensive knowledge and expertise to inspire and inform. It is only fitting, therefore, that we introduce this special prize which recognises an arts organisation which changes lives through its work."

## Plans

### In the next year, we want to:

- Perform the 2021 commission *With Joy My Soul Sings* live for the first time, with a touring version suitable for our two community choirs in Denbighshire & Conwy and St Austell.
- Recruit and train four new music leaders for work in South, North, and West Wales.
- Run a team training day for all FMNC staff, musicians and session co-ordinators focusing on the 'Forget-me-not' Way.



## Gaps Analysis and Needs Mapping

In Wales, our in-person delivery spans nine counties, reaching communities, care homes, and hospital settings. To assess current needs and identify gaps in provision, we conducted:

- A gaps analysis and population assessment for each county, looking at our own current service, and the existing provision within each area
- A needs analysis across our community participants and social care settings in the delivery areas

This report analysed the needs of people with dementia, their families, and social care staff in the community and social care settings where we currently deliver our work. We ensured that the surveys were produced in an accessible manner to survey a cohort of participants proportional to our service delivery target size. By maintaining a strong focus on the existing health and wellbeing services available for people living with dementia (PWD), we identified key gaps in many of the nine counties assessed.

While some areas offer a range of services, there is a notable lack of regular support for PWD and their families, as well as interactive activities specifically tailored for individuals with dementia and their carers. One significant finding from our research is the scarcity of high-quality artistic opportunities. This highlights a clear need for services like FMNC, which provide meaningful artistic expression alongside social engagement and inclusion for PWD.

Feedback from community participants, carers, and volunteers demonstrates that FMNC fosters a sense of community, reduces loneliness, enhances emotional well-being, and improves quality of life for people with dementia.

### **Key outcomes include:**

- Increased physical activity
- Improved mood
- Stronger cognitive engagement
- Enhanced relationships between participants and their loved ones
- Reduced caregiving burden, with carers forming meaningful friendships and support networks

Many participants highlighted the deep emotional and social benefits, with some describing the service as a 'lifeline' or 'critical part' of dementia care. In care homes, the positive feedback regarding the FMNC singing sessions demonstrates that such activities have a tangible impact on the well-being of both residents and staff. Pre-recorded sessions and online Zoom sessions have proved to be effective tools for enhancing engagement and improving the mood and behaviour of people with dementia. Financial challenges are a common concern in care home settings, indicating that resource allocation and sustainable funding for dementia-specific services need further support.

## **Gaps Analysis and Needs Mapping Conclusion & Recommendations Summary**

### **Develop and expand service access and reach**

**Action:** FMNC to develop more accessible pathways for families to access services

### **Increase regular and evening support services**

**Action:** FMNC to continue planning regular community singing sessions mindful of specific needs expressed in different areas

### **Tailor programmes for Welsh-speaking participants**

**Action:** FMNC to continue to invest in services delivered in Welsh by bilingual music leaders, and to complete an independent evaluation of how sessions can be delivered in both Welsh & English as appropriate

### **Address financial and staffing barriers in care homes**

**Action:** In key areas, FMNC to explore partnerships with local authorities, and appropriate trusts and foundations to help fund (or subsidise) costs for care homes to access FMNC services

### **Enhance volunteer engagement**

**Action:** FMNC to identify social care settings that would benefit from volunteer support, and recruit and train volunteers to support the programmes. Best practice noted as 2 buddies per social care setting

### **Secure sustainable funding**

**Action:** FMNC to build on the long-term sustainable funding strategy already in place with a focus on multi-year grants

### **Increase geographical accessibility**

**Action:** Work with local third-sector organisations to promote online services to bring support directly to rural areas or smaller towns that are currently underserved

### **Conduct a regular gaps analysis and needs review**

**Action:** FMNC to plan regular evaluations and gap analyses of current services and regularly review current WIMD data to ensure our service is reaching those most in need



## Community Feedback

Carer observations of person with dementia	Family member/friend (caring responsibilities)
91% observed an increase in physical activity level	85% reported an increase in physical activity level
91% observed an improved cognitive function, alertness, engagement	96% reported a positive impact on their mental health
100% observed an improvement in overall sense of well-being	95% reported an improvement in overall sense of wellbeing
78% observed that being part of FMNC has reduced loneliness	71% reported that being part of FMNC has reduced loneliness
96% observed an improvement in mood	94% reported an improvement in mood
76% observed that sessions have positively impacted their relationship	87% reported an increased opportunity for meaningful interaction with their loved one with dementia
76% observed a stronger connection to the wider community	90% reported a stronger connection to the wider community
88% observed they had formed new friendships and connections	86% reported more opportunities to meet other carers and share experiences

## Care Home Feedback

We worked with 17 activities coordinators and a care home manager to evaluate FMNC care home singing sessions.

- 100% of respondents felt that the singing sessions were clear and that it was easy or manageable for PWD to engage
- 94% of respondents felt the sessions had a positive impact on the well-being of the PWD
- 70% felt the sessions had a significant impact on the well-being of staff
- 94% of respondents felt the sessions had a positive impact on the mood or behaviour of the PWD
- On average, activities coordinators used the session to engage with 14 residents

## Fundraising & Development

Every donation helps us to make a difference through the power of song. We appreciate all gifts of all sizes from individuals, corporate supporters, and Friends of FMNC. We say a special thank you to those who made gifts in memory of a loved one.

We are grateful for the generosity of those who took on a fundraising challenge for FMNC, such as the Cardiff Half Marathon, those who arranged an event to benefit the charity, and those who supported FMNC fundraising events, including our autumn wine tasting at Cardiff Masonic Hall. Community and corporate supporters in this financial year include: Weiss Technik, Jazz De Cymru, Birchgrove WI, Cutting Edge Textile Group, St Asaph Lodge, North Wales Freemasons, Capel Bethel, and The Snowdrop Trio.



We are fortunate to receive generous support from numerous trusts and foundations whose awards cover core costs, fund new projects, and/or support specific activities and programmes of work.

We have always taken a careful and responsible approach to our finances, ensuring that we hold sufficient funds to meet our ongoing commitments while aiming to build a surplus each year. This enables us to strengthen our reserves and continue to grow sustainably.

Our Fundraising and Development Strategy reviews our fundraising history and sets out our financial position at the end of each year. It is a live document that helps us evaluate the sustainability of our income streams, understand the factors that have shaped our progress so far, and prepare for the challenges and opportunities of the year ahead. We continually explore new sources of income, setting out clear, practical actions for the short, medium and longer term.

Maintaining a diverse range of income streams is key to our long-term resilience. We track measurable goals and performance indicators throughout the year to make sure we stay on target and remain financially strong.

## FMNC in the media



🌐 **FMNC on The One Show - Forget-me-not Chorus**

[www.forgetmenotchorus.com/fmnc-on-the-one-show](http://www.forgetmenotchorus.com/fmnc-on-the-one-show)

🌐 **BBC The One Show star Alex Jones left beaming by 'lovely' Welsh dementia choir | Wales Onl...**

[www.walesonline.co.uk/lifestyle/tv/bbc-one-show-star-alex-29195229](http://www.walesonline.co.uk/lifestyle/tv/bbc-one-show-star-alex-29195229)

🌐 **FMNC features in The Cardiffian - Forget-me-not Chorus**

[www.forgetmenotchorus.com/fmnc-features-in-the-cardiffian](http://www.forgetmenotchorus.com/fmnc-features-in-the-cardiffian)

🌐 **FMNC chat to the BBC Radio Wales Breakfast Show - Forget-me-not Chorus**

[www.forgetmenotchorus.com/fmnc-chat-to-the-bbc-radio-wales-breakfast-show](http://www.forgetmenotchorus.com/fmnc-chat-to-the-bbc-radio-wales-breakfast-show)

## FMNC Newsletters

April 2025 🌐 **Forget-me-not Chorus April Newsletter** [bit.ly/FMNCspring25](https://bit.ly/FMNCspring25)

October 2024 🌐 **Forget-me-not Chorus Newsletter** [bit.ly/FMNCautumn24](https://bit.ly/FMNCautumn24)

July 2024 🌐 **Forget-me-not Chorus Newsletter** [bit.ly/FMNCsummer24](https://bit.ly/FMNCsummer24)

Follow us on | Dilynwch ni ar Facebook, Instagram and LinkedIn

Registered charity number | Rhif elusen gofrestredig 1151812

[www.forgetmenotchorus.com](http://www.forgetmenotchorus.com)

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- Cyflwyniad
- Ein gweledigaeth, cenhedaeth a gwerthoedd
- Trosolwg o'n pedair llinyn o waith
- Astudiaeth Achos: *Oxton Grange*
- Prosiectau ac Uchafbwyntiau Creadigol
- Ein Heffaith
- Ein Tîm ac Arweinyddiaeth
- Cynlluniau
- Dadansoddi Bylchau a Mapio Anghenion
- Codi Arian a Datblygu
- FMNC yn y Cyfryngau
- Cyfrifon Archwiliatedig





## Cyflwyniad

Wedi'i ddisgrifio fel 'sba i'r enaid', mae [Forget-me-not Chorus](#) (FMNC) yn cefnogi unigolion sy'n byw gyda ac ochr yn ochr â dementia trwy rym canu. Mae sesiynau canu cynhwysol mewn lleoliadau cymunedol, gofal cymdeithasol ac ar-lein yn grymuso cyfranogwyr i ddefnyddio a rhannu eu llais creadigol: gan ysgogi balchder, addysgu eraill a herio stigma. Ers cofrestru fel elusen yn 2013, mae FMNC wedi tyfu o un côr cymunedol yng Nghaerdydd i wasanaeth arloesol ledled y DU gyda chreadigrwydd, tosturi a chysylltiad wrth ei wraidd.



## Sut mae grym canu yn gwneud gwahaniaeth gwirioneddol

Rydym yn defnyddio pŵer ac ystyr cerddoriaeth a chanu i helpu pobl â dementia, a gwneud gwahaniaeth gwirioneddol. Nododd ymchwil ([Canolfan Hirhoedledd Ryngwladol y DU/Sefydliad Utley, 2018](#)) bod cerddoriaeth yn cynnig manteision iechyd corfforol a meddyliol sylweddol i bobl sydd â dementia ac yn helpu i gadw sgiliau lleferydd ac iaith yn hirach. Dangosodd dadansoddiad fod cerddoriaeth yn helpu i leihau rhai o'r symptomau ymddygiadol a seicolegol, fel cynnwrf, yn gallu helpu i fynd i'r afael â phryder ac iselder, ac yn bwysicach fyth, yn helpu i wella ansawdd bywyd. Yn hollbwysig, rydym ni hefyd yn gwneud gwahaniaeth i'r unigolion sy'n byw ochr yn ochr â dementia. Yn ogystal â'r manteision corfforol ac emosiynol mae canu yn eu dwyn, mae bod yn rhan o FMNC yn rhoi cefnogaeth a dealltwriaeth i deuluoedd a gofalywyr, gan roi'r cyfle iddynt gwrddu â phobl sydd ar daith deby, a rhannu profiadau.

## Ein gweledigaeth

Dod â llawenydd ac ystyr i fywydau unigolion sy'n byw gyda dementia a'r rhai sy'n cael eu heffeithio gan ddementia trwy rym canu

## Ein cenhadaeth

Grymuso'r unigolion sy'n cael eu heffeithio gan ddementia, gan gynnig cyfle i rannu llawenydd cerddoriaeth mewn amgylchedd diogel a normal, gan ysbrydoli pawb i gymryd rhan hyd eithaf eu gall

## Ein gwerthoedd

### Rhagoriaeth

Yn aml, mae diagnosis o ddementia yn dod â'r canfyddiad na all pobl gyfrannu mwyach. Rydym yn gwrthweithio'r canfyddiad hwn drwy weithio bob amser i'r safonau uchaf posibl. Mae cydweithio ag artistiaid proffesiynol yn creu perfformiadau o'r teilyngdod artistig uchaf, gan ragori ar ddisgwyliadau ac adeiladu hunan-barch.

### Cymuned

Rydym yn darparu amgylchedd ymddiriedus sy'n annog cymuned o gefnogaeth a dealltwriaeth gydfuddiannol, a lle diogel a chynhwysol lle mae pob ymddygiad yn cael ei dderbyn.

### Grymuso

Wrth i ddementia waethygu, bydd yn lleihau gallu, gan wneud pethau a oedd gynt yn weithgareddau bob dydd yn her enfawr. Mae hyn yn draenio hyder ac yn arwain at ymdeimlad o unigedd. Rydym yn darparu llwyfan artistig ystyrlon; yn adfer balchder, yn dod â mwynhad ac yn codi ymwybyddiaeth o effaith byw gyda dementia.

### Llawenydd

Rydym yn creu cymunedau canu lle mae llawenydd a chwerthin yn norm, gan ddarparu dihangfa o'r drefn ofalu bob dydd, sy'n aml yn ddi-baid.



# Choir is our happiness fix



WINNER: Arts & Business Cymru Nicola Heywood Thomas Prize for the Arts 2024

WINNER: Gold The Sir Bryn Terfel Foundation Wales Care Award for Promoting the Arts in Social Care 2022

WINNER: Hodge Foundation Prize Arts & Business Cymru Celebrating Resilience & Creativity in Action 2021

MARGARET & SIMON

**Rydym yn cefnogi pobl sy'n byw gyda ac ochr yn ochr â dementia, lle bynnag ydynt yn eu taith dementia, trwy bedwar llinyn gwaith.**

## Llinyn Un | Cymuned

Cynhelir sesiynau wyneb yn wyneb wythnosol i bobl sy'n byw gyda dementia yn:

- Gogledd Caerdydd
- De Caerdydd a'r Fro
- Sir Ddinbych a Chonwy
- Casnewydd
- St Austell (bob yn ail wythnos)
- ar-lein

Mae sesiynau yn rhad ac am ddim, ac nid oes angen atgyfeiriad ffurfiol.

## Llinyn Dau | Gwasanaethau cartrefi gofal (Mai 2024 - Ebrill 2025)

Yn ystod y flwyddyn, fe wnaethom drawsnewid ein darpariaeth cartrefi gofal o'r rhaglen 'Cartref Gofal Canu'n Gryf' ôl-bandemig i ddau llinyn. Mae'r modelau newydd hyn yn caniatáu i ni weithio'n fwy rheolaidd gyda chartrefi, gan greu ymdeimlad o gymuned a pharhad.

Mae Cartrefi Gofal **Duet** FMNC yn derbyn dwy sesiwn y mis

- 2 yng Ngogledd Cymru
- 2 yng Nghernyw
- 1 yn Rhondda Cynon Taf
- 2 yng Nghasnewydd
- 3 yng Nghaerdydd a'r Fro
- 50 o gartrefi gofal sy'n ymuno â ni mewn sesiwn Zoom bob pythefnos ledled y DU

Mae Cartrefi Gofal **Forte** FMNC yn derbyn tair sesiwn y mis

- 4 cartref yng Nghaerdydd a Bro Morgannwg

## Llinyn Tri | Gwasanaethau cleifion mewnol ysbytai

### Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

- Prosiect 8-wythnos gydag Caffi Cariad Dementia Cynnar (Ysbyty'r Barri)
- East 12 (Gwasanaeth Iechyd Meddwl i Bobl Hŷn Ysbyty Prifysgol Llandough)

### Bwrdd Iechyd Prifysgol Hywel Dda

- Ward Bryn Golau (Prince Philip)
- Ward St Non (Withybush)
- Ward Enlli (Bronglais)

## Llinyn Pedwar | Sesiynau Canu sydd wedi'u Recordio

- Sing, sing together 1
- Sing, sing together 2
- Christmas with FMNC
- Party with FMNC
- Shalom, my friend
- Sing with me, dance with me
- Cân o'r galon
- Canwch gyda fi, dawnsiwch gyda fi
- If music be the food of love, play on
- Bring me sunshine

Mae ein hymrwymiad yn parhau i gynnig ein sesiynau i'w ffrydio a/neu eu lawrlwytho am ddim i unrhyw unigolyn neu gartref gofal sy'n gofyn amdanynt.



## Astudiaeth Achos: Oxton Grange

Roeddwm wrth ein boddau yn gweld cymaint o gartrefi gofal ledled y DU yn cymryd rhan yn ein sesiynau canu rhad ac am ddim sydd wedi'u recordio. Mae Oxton Grange ym Mhrenton wedi'u croesawu fel rhan o'u gweithgareddau wythnosol, gan ffurfio FMNC eu hunain trwy gynnal ymarferion rheolaidd bob wythnos i staff a phreswylwyr. Dywedodd y cydlynnydd gweithgareddau Julie wrthym:

66

**Mae ein sesiynau Forget-me-not Chorus wedi bod yn hynod werthfawr ac wedi dod â llawenydd, cân a symudiad i fywydau ein preswylwyr, staff ac aelodau o'r teulu - mae pob un ohonynt wedi ymuno.**

**Rydym wedi cael adborth gwych ac wedi gweld canlyniadau arbennig gyda hyder, rhyngweithiadau cymdeithasol a llawenydd gweladwy i gyd yn cael effaith gadarnhaol.**

**Hoffem ddiolch i bawb yn Forget-me-not Chorus am eu hymroddiad a'u hymdrech anhygoel.**





## Prosiectau

**Bydd un ym mhob dau berson yn cael eu heffeithio gan ddementia yn eu bywydau: naill ai drwy ofalu am berson gyda'r cyflwr, ei ddatblygu eu hunain, neu'r ddau (Alzheimer's Research UK).**

I nifer o bobl, mae llawer o ofn ynghylch dementia er gwaethaf ei gyffredinolrwydd. I aelodau ein corau, mae'n rhan o fywyd bob dydd. Mae pob dydd yn dod ag anawsterau, mwynhad, heriau, chwerthin a chollfeydd, gwiriondebau, rhwystredigaethau a chariad. Mae ein hallbwn creadigol yn gwasanaethu i ddad-ddirgelwch y cyflwr. Rydym yn dathlu ac yn anrhydeddu unigolion sy'n byw gyda dementia ac ochr yn ochr â hi, gan ddod â theimlad o gyflawniad a llawenydd artistig i bawb sy'n cymryd rhan. Mae safon ein rhagoriaeth ac ansawdd yn uchel, ac mae aelodau ein corau yn cael eu herio i ddysgu gweithiau newydd, gan herio disgwyliadau a dangos beth y gellir ei gyflawni ar ddaith dementia. Nid yw ein gwasanaeth yn ceidio dod â hen atgofion yn ôl trwy ganu hen ganeuon: yn hytrach, rydym yn ymgysylltu, yn grymuso ac yn bywiogi yn y *foment* trwy gynnig llais creadigol i'n corau.

### Gwanwyn 2022 - Hydref 2024: *Calon*

Mae Forget-me-not Chorus wedi bod mewn partneriaeth ag Elusen Iechyd Caerdydd a'r Fro ers 2017. Cyn y pandemig, roedden ni'n cynnal côr wythnosol yn Ysbyty Llandochau, gan ddarparu sesiynau canu awyr agored yn ystod y pandemig pan oedd nad oedd hi'n bosibl i fod ar y wardiau eu hunain, ac rydym yn parhau i ddarparu sesiynau canu parhaus mewn sawl lleoliad BIP Caerdydd a'r Fro er budd llesiant meddyliol, emosiynol a chorfforol staff a chleifion sy'n cael eu heffeithio gan ddementia.

Yn 2022, datblygwyd y bartneriaeth bresennol i greu prosiect o'r enw *Calon* FMNC, gan gefnogi pobl sydd wedi caru a cholli rhywun â dementia. Fe wnaeth *Calon* gwrdd yng Nghaerdydd i ymarfer am ddwy awr dan arweiniad tîm cerddoriaeth proffesiynol – Ben Pinnow a Ben Teague – gan ddod ag aelodau côr o Gaerdydd, Bro Morgannwg, a Chasnewydd at ei gilydd bob wythnos. Er bod y prosiect bellach wedi dod i ben, rydym mor falch o'r hyn a gyflawnodd ein Côr Calon arbennig dros y ddwy flynedd, gyda chefnogaeth Elusen Iechyd Caerdydd a'r Fro a Chelfyddydau er Iechyd a Llesiant.



*Held by this precious space, together through song  
No need to name it, the grief understood,  
We share, without words, for whom we so long,  
Warmth, solace and kindness brightens our mood.  
This missing, we carry, just under our skin,  
Memories of dear spouses, sisters and mothers,  
And here, singing loud, we can honour our kin,  
Take a breath for a while and deep comfort in others.*

Rhan o 'Demenstoria', 2024

### Mai 2024: *That's Amore!*

Dathlodd côrwyr Gogledd Cymru ddiwedd tymor y gwanwyn gyda *That's Amore*. Roedd y sioe yn cynnwys dau unawd hardd yn y Gymraeg gan Glesni Jones, soprano sy'n astudio canu yng Ngholeg Brenhinol Cerdd a Drama'r Gogledd. Roeddem wrth ein bodd yn gweld cymaint o gefnogwyr yn y digwyddiad, gan gynnwys y Cynghorydd Joan Barker, Dirprwy Faer Bodolwyddan ac Andy Dunbobbin, Comisiynydd Heddlu a Throseddau Gogledd Cymru.



## Mai 2024: Côr Cymunedol Peilot St Austell

Rydym wedi gweithio gyda staff a phreswylwyr chwe chartref gofal yng Nghernyw ers 2021, ond ym mis Mai 2024, dechreuon ni ein côr cymunedol cyntaf y tu allan i Gymru yn St Austell, gyda chefnogaeth cyllid Prosiect Loteri Genedlaethol Cyngor Celfyddydau Lloegr.

## Medi 2024: Rhannu yn yr Haf

Nododd ein côr cymunedol diweddaraf yn St Austell ddiwedd eu tymor cyntaf drwy berfformio yn Eglwys Mount Charles, gan ganu gwerin draddodiadol *Trelawny* i dŷ llawn, ynghyd â'r tenor Cameron Rolls. Dathlodd côr Calon FMNC a côr Caerdydd a'r Fro FMNC Gemau Olympaidd Paris drwy ganu, gan wisgo streipiau a berets Llydaweg cyn mwynhau coffi a pâtisserie, gyda'r chwaraewr bouzouki Tim Crahart yn ychwanegu naws Groegaidd. Dathlodd FMNC Sir Ddinbych a Chonwy y Gemau Olympaidd ym Modelwyddan hefyd, lle creodd yr acordionydd Stephen Rees awyrgylch Parisaidd gyda'i chwarae unigol hardd. Gorffennodd FMNC Casnewydd y penwythnos gyda chanu llawen yn Neuadd Christchurch, gan gynnwys perfformiad unigol ysgogol o *Fields of Gold* gan eu harweinydd Verity-Belle Green, gyda chyfeiliant unwaith eto gan Tim Crahart.

## Yr Effaith!

- Cefnogodd **140 o sesiynau** cymunedol **180 o bobl** sy'n byw gyda dementia yng Ngogledd Caerdydd, De Caerdydd a'r Fro, Casnewydd, Sir Ddinbych a Chonwy, a Chernyw
- Cefnogodd **262 o sesiynau cartrefi gofal** wyneb yn wyneb mewn 25 o gartrefi gofal dros **945 o breswylwyr a staff**
- Cefnogodd **30 sesiwn Zoom** a fynychwyd gan dros 50 o gartrefi gofal dros **650 o breswylwyr a staff**
- Cefnogodd **70 sesiwn ysbyty** ar draws 4 ward mewn dau ranbarth bwrdd iechyd dros **900 o gleifion mewnol a staff ysbyty**
- Fe wnaeth **27 o ffrindiau canu gwirfoddol** ein helpu i adeiladu cymuned trwy rannu caneuon
- Mae gan **10 sesiwn canu sydd wedi'u recordio** dros **2000 o danysgrifwyr!**

## Y Tîm

- 10 Ymddiriedolwr
- 6 Aelod o Staff
- 5 Cydlynnydd Sesiwn
- 25 o Gerddorion
- 27 o Ffrindiau Canu



**Hydref 2024:** Cyhoeddiad gan Kate Woolveridge MBE, Cyd-sylfaenydd a Chyfarwyddwr (Artistig) FMNC

### Annwyl Ffrindiau

Yn dilyn fy mhen-blwydd mawr dros yr haf, roeddwn i eisiau rhoi gwybod i chi byddaf yn ymdeol ar ddiwedd mis Rhagfyr. Pan gydsefydlais Forget-me-not Chorus gyda Sarah yn 2011, doedd gen i ddim syniad am faint byddai'r elusen yn newid a gwella fy mywyd. Rwy'n teimlo mor ffodus ac yn ddiolchgar am yr holl brofiadau gwych y mae FMNC wedi'u cynnig.

Wrth wraidd yr elusen - a'r rheswm pam y cafodd ei dechrau - mae'r gymuned o gantorion sy'n byw gyda ac ochr yn ochr â dementia. Rwy'n cael fy ysbyrdoli a fy synnu yn gyson gan ddewrder, gwydnwch ac ysbyrd y bobl rydyn ni'n canu gyda nhw, ac yn falch iawn o weld yr effaith y mae ein gwaith yn ei chael ar bawb rydyn ni'n eu cyrraedd.

Bydd yr elusen yn parhau i gyflwyno cerddoriaeth llawen yn null Forget-me-not, ac rwy'n gwybod mai'r tîm rydyn ni wedi'i adeiladu dros y blyneddau yw'r gorau oll. Mae cynlluniau artistig i gyd ar waith ar gyfer 2025 ac mae'n 'fusnes fel arfer' i'n tîm anhygoel, dan arweiniad Sarah a Katherine. Bydd Forget-me-not Chorus wastad yn fy nghalon a byddaf yn aros mewn cysylltiad swyddogol fel noddwr. Edrychaf ymlaen at weld llawer ohonoch chi ar gyfer ein Dathliadau Nadolig ym mis Rhagfyr.

Gyda chariad a diolch diffuant bob amser  
Kate

Fel rhan o'n hymrwymiad i weithredu Forget-me-not Chorus mor effeithlon, cynaliadwy ac effeithiol â phosibl, fe wnaethom ailstrwythuro ein tîm staff gan ganolbwyntio ar gost-effeithiolrwydd ac eglurder gweithredol. Gydag ymdeoliad annwyl Kate ddiwedd mis Rhagfyr, trawsnewidion ni o rôl Cyfarwyddwr Artistig unigol i fodel o arweinwyr a mentoriaid artistig llawrydd. Mae'r trefniant newydd hwn yn ein caniatáu i gadw a chryfhau ein gallu creadigol, gan sicrhau bod y weledigaeth, y gwerthoedd a'r safon uchel o waith y mae Kate wedi'u meithrin yn parhau.

## Dyfarnwyd Gwobr Nicola Heywood Thomas gyntaf y Celfyddydau i FMNC

Cynhaliwyd 29ain Seremoni Wobrau Celfyddydau a Busnes Cymru 2024 yn ICC Cymru ddydd Iau 4 Gorffennaf a datgelwyd enillwyr deg gwobr fawreddog yn y seremoni tei du. Aeth personoliaethau adnabyddus, gan gynnwys y soprano Rebecca Evans, sydd wedi ennill Gwobr Grammy, a'r athletwr a'r darlledwr Olympaidd Colin Jackson, ar y llwyfan i gyflwyno tlysau i'r enillwyr.

Roedden ni wrth ein bodd yn cefnogi tîm Elusen Iechyd Caerdydd a'r Fro wrth i'w cydweithrediadau â Forget-me-not Chorus, Motion Control Dance a Rubicon Dance gael eu cydnabod yn y categori Celfyddydau, Busnes ac Iechyd cyn iddynt ennill teitl Busnes Sony y Flwyddyn.

Daeth ein noson i ben ar nodyn uchel iawn wrth i ni ennill Gwobr gyntaf Nicola Heywood Thomas ar gyfer y Celfyddydau: gwobr arbennig iawn a enwyd er anrhydedd i bencampwr gwirioneddol y celfyddydau, a ffrind i Forget-me-not Chorus. Dywedodd Rachel Jones, Prif Swyddog Gweithredol Celfyddydau a Busnes Cymru "Trwy ei holl waith, ymdrechodd Nicola i wneud y celfyddydau'n wirioneddol hygyrch i bawb, gan ddefnyddio ei gwybodaeth a'i harbenigedd helaeth i ysbrydoli a hysbysu. Felly, mae'n briodol ein bod yn cyflwyno'r wobwr arbennig hon sy'n cydnabod sefydliad celfyddydol sy'n newid bywydau trwy ei waith."

## Cynlluniau

### Yn y flwyddyn nesaf, rydyn ni am:

- Berfformio'r comisiwn 2021 *With Joy My Soul Sings* yn fyw am y tro cyntaf, gyda fersiwn deithio sy'n affas ar gyfer ein dwy gôr gymunedol yn Sir Ddinbych a Chonwy, a St Austell.
- Recriwtio a hyfforddi pedwar arweinydd cerddorol newydd ar gyfer gwaith yn Ne, Gogledd a Gorllewin Cymru.
- Gynnal diwrnod hyfforddi tîm ar gyfer pob aelod o staff, cerddorwr a chydlynnydd sesiynau FMNC, gan ganolbwyntio ar y ffordd 'Forget-me-not'.





## Dadansoddi Bylchau a Mapio Anghenion

Yng Nghymru, mae ein darpariaeth wyneb yn wyneb yn cwmpasu naw sir, gan gyrraedd cymunedau, cartrefi gofal, ac ysbytai. Er mwyn asesu anghenion cyfredol a nodi bylchau yn y ddarpariaeth, fe gynhaliom ni:

- Ddadansoddiad bylchau ac asesiad poblogaeth ar gyfer pob sir, gan edrych ar ein gwasanaeth presennol, a'r ddarpariaeth bresennol ym mhob ardal
- Ddadansoddiad o anghenion ar draws ein cyfranogwyr cymunedol a lleoliadau gofal cymdeithasol yn yr ardaloedd darparu

Dadansoddodd yr adroddiad hwn anghenion pobl â dementia, eu teuluoedd, a staff gofal cymdeithasol yn y gymuned a lleoliadau gofal cymdeithasol lle rydym yn cyflawni ein gwaith ar hyn o bryd. Fe wnaethom ni sicrhau bod yr arolygon wedi'u cynhyrchu mewn modd hygyrch i arolygu carfan o gyfranogwyr yn gymesur â maint ein targed darparu gwasanaethau. Drwy ganolbwyntio'n gryf ar y gwasanaethau iechyd a lles presennol sydd ar gael i bobl sy'n byw gyda dementia, nodon ni fylchau allweddol mewn llawer o'r naw sir a aseswyd.

Er bod rhai ardaloedd yn cynnig amrywiaeth o wasanaethau, mae diffyg nodedig o ran cefnogaeth reolaidd i bobl â dementia a'u teuluoedd, yn ogystal â gweithgareddau rhyngweithiol wedi'u teilwra'n benodol ar gyfer unigolion â dementia a'u gofalwyr. Un canfyddiad arwyddocaol o'n hymchwil yw prinder cyfleoedd artistig o ansawdd uchel. Mae hyn yn tynnu sylw at angen clir am wasanaethau fel FMNC, sy'n darparu mynegiant artistig ystyrion ochr yn ochr ag ymgysylltiad cymdeithasol a chynhwysiant ar gyfer pobl â dementia.

Mae adborth gan gyfranogwyr cymunedol, gofalwyr a gwirfoddolwyr yn dangos bod FMNC yn meithrin ymdeimlad o gymuned, yn lleihau unigrwydd, yn gwella lles emosiynol, ac yn gwella ansawdd bywyd pobl â dementia.

### Mae canlyniadau allweddol yn cynnwys:

- Mwy o weithgarwch corfforol
- Hwyliau gwell
- Ymgysylltiad gwybyddol cryfach
- Perthnasoedd gwell rhwng cyfranogwyr a'u hanwyliad
- Llai o faich gofalu, gyda gofalwyr yn ffurfio cyfeillgarwch a rhwydweithiau cymorth ystyrion

Tynnodd llawer o gyfranogwyr sylw at y manteision emosiynol a chymdeithasol dwfn, gyda rhai yn disgrifio'r gwasanaeth fel 'rhaff achub' neu 'rhan hanfodol' o ofal dementia. Mewn cartrefi gofal, mae'r adborth cadarnhaol ynghylch sesiynau canu FMNC yn dangos bod y gweithgareddau yn cael effaith amlwg ar lesiant preswylwyr a staff. Mae sesiynau sydd wedi'u recordio a sesiynau Zoom wedi profi i fod yn offer effeithiol ar gyfer gwella ymgysylltiad a gwella hwyliau ac ymddygiad pobl â dementia. Mae heriau ariannol yn bryder cyffredin mewn cartrefi gofal, sy'n dangos bod angen cefnogaeth bellach ar ddyrannu adnoddau a chyllid cynaliadwy ar gyfer gwasanaethau penodol i ddementia.

## Casgliad a Chrynodeb Argymhellion Dadansoddiad Bylchau a Mapio Anghenion

### Datblygu ac ehangu mynediad at wasanaethau a'u cyrhaeddiad

**Gweithred:** Bydd FMNC yn datblygu llwybrau mwy hygyrch i deuluoedd gael mynediad at wasanaethau

### Cynyddu gwasanaethau cymorth rheolaidd a gyda'r nos

**Gweithred:** Bydd FMNC yn parhau i gynllunio sesiynau canu cymunedol rheolaidd gan ystyried anghenion penodol mewn gwahanol ardaloedd

### Teilwra rhaglenni ar gyfer cyfranogwyr Cymraeg eu hiaith

**Gweithred:** Bydd FMNC yn parhau i fuddsoddi mewn gwasanaethau drwy'r Gymraeg gan arweinwyr cerddoriaeth dwyieithog, ac yn cwblhau gwerthusiad annibynnol o sut y gellir darparu sesiynau yn y Gymraeg a'r Saesneg yn ôl yr angen

### Mynd i'r afael â rhwystrau ariannol a staffio mewn cartrefi gofal

**Gweithred:** Mewn meysydd allweddol, bydd FMNC yn archwilio partneriaethau ag awdurdodau lleol, ac ymddiriedolaethau a sefydliadau priodol i helpu i ariannu (neu roi cymhorthdal i) gostau i gartrefi gofal gael mynediad at wasanaethau FMNC

### Gwella ymgysylltiad gwirfoddolwyr

**Gweithred:** Bydd FMNC yn nodi lleoliadau gofal cymdeithasol a fyddai'n elwa o gefnogaeth gwirfoddolwyr, ac yn recriwtio a hyfforddi gwirfoddolwyr i gefnogi'r rhaglenni. Nodwyd arfer gorau yn 2 gyfaill fesul lleoliad gofal cymdeithasol

### Sicrhau cyllid cynaliadwy

**Gweithred:** Bydd FMNC yn adeiladu ar y strategaeth ariannu cynaliadwy hirdymor sydd eisoes ar waith gan ganolbwyntio ar grantiau aml-flwyddyn.

### Cynyddu hygyrchedd daearyddol

**Gweithred:** Gweithio gyda sefydliadau trydydd sector lleol i hyrwyddo gwasanaethau ar-lein er mwyn dod â chefnogaeth yn uniongyrchol i ardaloedd gwledig neu drefi llai sy'n cael eu tangynrychiol

### Cynnal dadansoddiad bylchau ac adolygiad anghenion rheolaidd

**Gweithred:** Bydd FMNC yn cynllunio gwerthusiadau a dadansoddiadau bylchau rheolaidd o wasanaethau cyfredol ac yn adolygu data MALIC cyfredol yn rheolaidd i sicrhau bod ein gwasanaeth yn cyrraedd y rhai sydd fwyaf mewn angen

Adborth gan y Gymuned

Sylwadau gofalwyr ar berson â dementia	Aelod o'r teulu/ffrind (cyfrifoldebau gofalu)
Gwelodd 91% gynnydd yn lefel gweithgarwch corfforol	Adroddodd 85% lefel uwch o lefel gweithgaredd corfforol
Gwelodd 91% welliant mewn swyddogaeth wybyddol, bywiogrwydd ac ymgysylltiad	Gwelodd 96% effaith gadarnhaol ar eu hiechyd meddwl
Gwelodd 100% welliant yn eu teimlad cyffredinol o lesiant	Gwelodd 95% welliant yn eu teimlad cyffredinol o lesiant
Nododd 78% fod bod yn rhan o FMNC wedi lleihau unigrwydd	Nododd 71% fod bod yn rhan o FMNC wedi lleihau unigrwydd
Gwelodd 96% welliant yn eu hwyliau	Adroddodd 94% welliant yn eu hwyliau
Nododd 76% bod sesiynau wedi effeithio'n gadarnhaol ar eu perthynas	Nododd 87% gyfle cynyddol i ryngweithio'n ystyrlon â'u hanwylyd â dementia
Gwelodd 76% gysylltiad cryfach â'r g gymuned ehang	Adroddodd 90% gysylltiad cryfach â'r gymuned ehangach
Nododd 88% eu bod wedi ffurfio cyfeillgarwch a chysylltiadau newydd	Nododd 86% rhagor o gyfleoedd i gwrdd â gofalwyr eraill a rhannu profiadau

Adborth gan Gartrefi Gofal

Gweithion ni gyda 17 o gydlynwyr gweithgareddau a rheolwr cartref gofal i werthuso sesiynau canu cartrefi gofal FMNC.

- Teimlodd 100% o ymatebwyr fod y sesiynau canu yn glir a'i bod yn hawdd neu'n hylaw i bobl ag anableddau ymgysylltu gymryd rhan.
- Teimlodd 94% o ymatebwyr fod y sesiynau'n cael effaith gadarnhaol ar lesiant y bobl â dementia
- Teimlodd 70% fod y sesiynau'n cael effaith gadarnhaol ar lesiant y staff
- Teimlodd 94% o ymatebwyr fod y sesiynau'n cael effaith gadarnhaol ar hwyliau neu ymddygiad y bobl â dementia
- Ar gyfartaledd, defnyddiodd cydlynwyr gweithgareddau'r sesiwn i ymgysylltu â 14 o breswylwyr

## Codi Arian a Datblygu

Mae pob rhodd yn ein helpu i wneud gwahaniaeth trwy ganu. Rydym yn gwerthfawrogi pob rhodd o bob maint gan unigolion, cefnogwyr corfforaethol, a Chyfeillion FMNC. Rydym yn diolch yn arbennig i'r bobl a roddodd er cof am anwylyd.

Rydym yn ddiolchgar am haelioni'r unigolion a gymerodd rhan mewn her codi arian dros FMNC, fel Hanner Marathon Caerdydd, yr unigolion a drefnodd ddigwyddiad er budd yr elusen, a'r unigolion a gefnogodd ddigwyddiadau codi arian FMNC, gan gynnwys ein digwyddiad blasu gwin yn yr hydref yn Neuadd y Seiri Rhyddion Caerdydd. Mae cefnogwyr cymunedol a chorfforaethol yn y flwyddyn ariannol hon yn cynnwys: Weiss Technik, Jazz De Cymru, Merched y Wawr Birchgrove, Cutting Edge Textile Group, Llysfa Llanelwy, Seiri Rhyddion Gogledd Cymru, Capel Bethel, a'r Snowdrop Trio.



Rydym yn ffodus i dderbyn cefnogaeth hael gan nifer o ymddiriedolaethau a sefydliadau sy'n talu costau craidd, yn ariannu prosiectau newydd, a/neu'n cefnogi gweithgareddau a rhaglenni gwaith penodol.

Rydym bob amser wedi cymryd ymagwedd ofalus a chyfrifol at ein cyllid, gan sicrhau ein bod yn dal digon o arian i gyflawni ein hymrwymadau parhaus wrth anelu at adeiladu gwared bob blwyddyn. Mae hyn yn ein galluogi i gryfhau ein cronfeydd wrth gefn a pharhau i dyfu'n gynaliadwy.

Mae ein Strategaeth Codi Arian a Datblygu yn adolygu ein hanes codi arian ac yn nodi ein sefyllfa ariannol ar ddiwedd pob blwyddyn. Mae'n ddogfen fyw sy'n ein helpu i werthuso cynaliadwyedd ein ffrydiau incwm, deall y ffactorau sydd wedi llunio ein cynnydd hyd yn hyn, a pharatoi ar gyfer heriau a chyfleoedd y flwyddyn i ddod. Rydym yn archwilio ffynonellau incwm newydd yn barhaus, gan nodi camau gweithredu clir ac ymarferol ar gyfer y tymor byr, canolig a hir.

Mae cynnal ystod amrywiol o ffrydiau incwm yn allweddol i'n gwydnwch hirdymor. Rydym yn olrhain nodau mesuradwy a dangosyddion perfformiad drwy gydol y flwyddyn i sicrhau ein bod yn cyrraedd ein targedau ac yn parhau i fod yn gryf yn ariannol.



## FMNC yn y cyfryngau



🌐 FMNC on The One Show - Forget-me-not Chorus

[www.forgetmenotchorus.com/fmnc-on-the-one-show](http://www.forgetmenotchorus.com/fmnc-on-the-one-show)

🌐 BBC The One Show star Alex Jones left beaming by 'lovely' Welsh dementia choir | Wales Onl...

[www.walesonline.co.uk/lifestyle/tv/bbc-one-show-star-alex-29195229](http://www.walesonline.co.uk/lifestyle/tv/bbc-one-show-star-alex-29195229)

🌐 FMNC features in The Cardiffian - Forget-me-not Chorus

[www.forgetmenotchorus.com/fmnc-features-in-the-cardiffian](http://www.forgetmenotchorus.com/fmnc-features-in-the-cardiffian)

🌐 FMNC chat to the BBC Radio Wales Breakfast Show - Forget-me-not Chorus

[www.forgetmenotchorus.com/fmnc-chat-to-the-bbc-radio-wales-breakfast-show](http://www.forgetmenotchorus.com/fmnc-chat-to-the-bbc-radio-wales-breakfast-show)

## Cylchlythyrau FMNC

Ebrill 2025 🌐 Forget-me-not Chorus April Newsletter [bit.ly/FMNCspring25](http://bit.ly/FMNCspring25)

Hydref 2024 🌐 Forget-me-not Chorus Newsletter [bit.ly/FMNCautumn24](http://bit.ly/FMNCautumn24)

Gorffennaf 2024 🌐 Forget-me-not Chorus Newsletter [bit.ly/FMNCsummer24](http://bit.ly/FMNCsummer24)

Dilynwch ni ar Facebook, Instagram a LinkedIn

Rhif elusen gofrestredig 1151812

[www.forgetmenotchorus.com](http://www.forgetmenotchorus.com)

11-13 Ffordd Penhill Caerdydd CF11 9PQ | 02922 362064

## **The Forget-me-not Chorus Cardiff**

### **Independent Examiner's Report to the trustees of The Forget-me-not Chorus Cardiff (‘the Company’)**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2025.

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

As the charity’s trustees of the Company (and also its directors 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 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**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of The Forget-me-not Chorus Cardiff as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.



Mr Andrew Hill FCCA ACA DChA BFP

Severn House  
Hazell Drive  
Newport  
South Wales  
NP10 8FY

27 October 2025

## The Forget-me-not Chorus Cardiff

### Statement of Financial Activities for the Year Ended 30 April 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
<b>Income and Endowments from:</b>				
Donations and legacies	3	115,701	112,536	228,237
Charitable activities	4	29,184	-	29,184
Other trading activities	5	5,484	-	5,484
Investment income	6	1,960	-	1,960
Other income	7	7	-	7
Total income		<u>152,336</u>	<u>112,536</u>	<u>264,872</u>
<b>Expenditure on:</b>				
Charitable activities	8	(185,185)	(146,784)	(331,969)
Other expenditure	9	<u>(212)</u>	<u>-</u>	<u>(212)</u>
Total expenditure		<u>(185,397)</u>	<u>(146,784)</u>	<u>(332,181)</u>
Net expenditure		<u>(33,061)</u>	<u>(34,248)</u>	<u>(67,309)</u>
Net movement in funds		(33,061)	(34,248)	(67,309)
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>95,841</u>	<u>107,484</u>	<u>203,325</u>
Total funds carried forward	19	<u><u>62,780</u></u>	<u><u>73,236</u></u>	<u><u>136,016</u></u>

The notes on pages 5 to 17 form an integral part of these financial statements.

## The Forget-me-not Chorus Cardiff

### Statement of Financial Activities for the Year Ended 30 April 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
<b>Income and Endowments from:</b>				
Donations and legacies	3	95,918	178,891	274,809
Charitable activities	4	49,929	-	49,929
Other trading activities	5	5,858	-	5,858
Other income	7	110	-	110
Total income		<u>151,815</u>	<u>178,891</u>	<u>330,706</u>
<b>Expenditure on:</b>				
Charitable activities	8	(147,771)	(215,171)	(362,942)
Other expenditure	9	(215)	-	(215)
Total expenditure		<u>(147,986)</u>	<u>(215,171)</u>	<u>(363,157)</u>
Net income/(expenditure)		<u>3,829</u>	<u>(36,280)</u>	<u>(32,451)</u>
Net movement in funds		3,829	(36,280)	(32,451)
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>92,012</u>	<u>143,764</u>	<u>235,776</u>
Total funds carried forward	19	<u><u>95,841</u></u>	<u><u>107,484</u></u>	<u><u>203,325</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2024 is shown in note 19.

The notes on pages 5 to 17 form an integral part of these financial statements.



# The Forget-me-not Chorus Cardiff

(Registration number: 08501560)

## Balance Sheet as at 30 April 2025

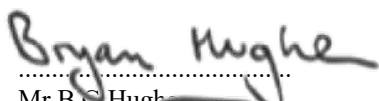
	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	14	735	646
<b>Current assets</b>			
Debtors	15	4,641	15,901
Cash at bank and in hand	16	169,571	196,751
		174,212	212,652
<b>Creditors: Amounts falling due within one year</b>	17	(38,931)	(9,973)
<b>Net current assets</b>		135,281	202,679
<b>Net assets</b>		136,016	203,325
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds		73,236	107,484
<b>Unrestricted income funds</b>			
Unrestricted funds		62,780	95,841
<b>Total funds</b>	19	136,016	203,325

For the financial year ending 30 April 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 17 were approved by the trustees, and authorised for issue on 23 October 2025 and signed on their behalf by:

  
 .....  
 Mr B C Hughes  
 Trustee

The notes on pages 5 to 17 form an integral part of these financial statements.

# **The Forget-me-not Chorus Cardiff**

## **Notes to the Financial Statements for the Year Ended 30 April 2025**

### **1 Charity status**

The charity is limited by guarantee, incorporated in Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

11-13 Penhill Road

Cardiff

CF11 9PQ

These financial statements were authorised for issue by the trustees on 23 October 2025.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### **Basis of preparation**

The Forget-me-not Chorus Cardiff meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

#### **Income and endowments**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

## **The Forget-me-not Chorus Cardiff**

### **Notes to the Financial Statements for the Year Ended 30 April 2025**

#### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

#### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

#### ***Investment income***

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### ***Charitable activities***

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Tangible fixed assets**

Individual fixed assets costing £500.00 or more are initially recorded at cost.

# **The Forget-me-not Chorus Cardiff**

## **Notes to the Financial Statements for the Year Ended 30 April 2025**

### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

### **Trade debtors**

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

### **Pensions and other post retirement obligations**

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.



## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

#### 3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Donations and legacies;				
Donations from individuals	24,162	-	24,162	58,393
Legacies	5,502	-	5,502	6,478
Gift aid reclaimed	5,026	-	5,026	8,866
Grants, including capital grants;				
Grants from other charities	68,598	112,536	181,134	187,289
Regular giving and capital donations	12,413	-	12,413	13,783
	<u>115,701</u>	<u>112,536</u>	<u>228,237</u>	<u>274,809</u>

#### 4 Income from charitable activities

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Choir & musical activities	<u>29,184</u>	<u>29,184</u>	<u>49,929</u>

#### 5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2024 £
Events income;			
Other events income	<u>5,484</u>	<u>5,484</u>	<u>5,858</u>
	<u>5,484</u>	<u>5,484</u>	<u>5,858</u>

#### 6 Investment income

	Unrestricted funds General £	Total 2025 £
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>1,960</u>	<u>1,960</u>

# The Forget-me-not Chorus Cardiff

## Notes to the Financial Statements for the Year Ended 30 April 2025

### 7 Other income

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Fees and supplies	7	7	110

### 8 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Choir & musical activities		146,193	-	146,193	174,583
Staff costs		35,871	146,784	182,655	186,462
Governance costs	10	3,121	-	3,121	1,897
		<u>185,185</u>	<u>146,784</u>	<u>331,969</u>	<u>362,942</u>

### 9 Other expenditure

	Note	Unrestricted funds General £	Total 2025 £	Total 2024 £
Depreciation, amortisation and other similar costs		212	212	215
		<u>212</u>	<u>212</u>	<u>215</u>

### 10 Analysis of governance and support costs

#### Governance costs

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Independent examiner fees			
Examination of the financial statements	1,230	1,230	1,860
Legal fees	1,891	1,891	37
	<u>3,121</u>	<u>3,121</u>	<u>1,897</u>

## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

#### 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

#### 12 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
<b>Staff costs during the year were:</b>		
Wages and salaries	165,772	168,739
Social security costs	11,597	12,090
Pension costs	5,286	5,633
	<u>182,655</u>	<u>186,462</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Charitable activities	<u>5</u>	<u>5</u>

No employee received emoluments of more than £60,000 during the year.

## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

#### 13 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 14 Tangible fixed assets

	Furniture and equipment £	Total £
<b>Cost</b>		
At 1 May 2024	1,149	1,149
Additions	<u>300</u>	<u>300</u>
At 30 April 2025	<u>1,449</u>	<u>1,449</u>
<b>Depreciation</b>		
At 1 May 2024	503	503
Charge for the year	<u>211</u>	<u>211</u>
At 30 April 2025	<u>714</u>	<u>714</u>
<b>Net book value</b>		
At 30 April 2025	<u><u>735</u></u>	<u><u>735</u></u>
At 30 April 2024	<u><u>646</u></u>	<u><u>646</u></u>

#### 15 Debtors

	2025 £	2024 £
Trade debtors	<u><u>4,641</u></u>	<u><u>15,901</u></u>

#### 16 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	<u><u>169,571</u></u>	<u><u>196,751</u></u>

#### 17 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	36,156	5,056
Other taxation and social security	2,061	3,909
Other creditors	<u>714</u>	<u>1,008</u>
	<u><u>38,931</u></u>	<u><u>9,973</u></u>

## **The Forget-me-not Chorus Cardiff**

### **Notes to the Financial Statements for the Year Ended 30 April 2025**

#### **18 Pension and other schemes**

##### **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £5,286 (2024 - £5,633).



## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

#### 19 Funds

	Balance at 1 May 2024 £	Incoming resources £	Resources expended £	Balance at 30 April 2025 £
<b>Unrestricted funds</b>				
<i>General</i>				
General funds	95,841	151,955	(185,397)	62,399
<b>Restricted funds</b>				
Arts Council of Wales	22,275	22,275	(32,550)	12,000
Cardiff & Vale University Health Board	6,567	3,752	(8,068)	2,251
Hywel Dda UHB	3,900	-	(3,900)	-
Cardiff Third Sector Council (C3SC)	5,824	-	(5,824)	-
Moondance Foundation	1,850	-	(1,850)	-
People's Postcode Lottery	4,167	25,000	(4,167)	25,000
Millennium Stadium Charitable Trust	3,686	-	(3,686)	-
Garfield Weston Foundation	5,833	-	(5,833)	-
PACT	1,750	-	(1,750)	-
Hodge Foundation	20,000	-	(20,000)	-
Pen Y Cymoedd Wind Farm Community Fund CIC	3,792	-	(3,792)	-
D'Oyly Carte Charitable Trust	3,200	-	(3,200)	-
GC Gibson Charitable Trust	-	3,000	(1,250)	1,750
The Big Give	24,640	-	(24,640)	-
The National Lottery - Awards for All	-	19,360	(12,907)	6,453
The Radcliffe Trust	-	2,500	(625)	1,875
Gwynt y Môr Wind Farm Fund	-	19,525	(9,767)	9,758
The Roger Raymond Charitable Trust	-	2,500	(833)	1,667
Colwinston Charitable Trust	-	5,424	(1,084)	4,340
The HDH Wills 1965 Charitable Trust	-	2,000	-	2,000
The Jenour Foundation	-	2,000	-	2,000
The Sir Jules Thorn Charitable Trust (Ann Rylands Small Donations Programme)	-	2,500	(208)	2,292
Music for All	-	1,700	(850)	850
Power of Music Fund	-	1,000	-	1,000
<b>Total restricted funds</b>	<u>107,484</u>	<u>112,536</u>	<u>(146,784)</u>	<u>73,236</u>

## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

	Balance at 1 May 2024 £	Incoming resources £	Resources expended £	Balance at 30 April 2025 £
<b>Total funds</b>	<u>203,325</u>	<u>264,491</u>	<u>(332,181)</u>	<u>135,635</u>

## The Forget-me-not Chorus Cardiff

### Notes to the Financial Statements for the Year Ended 30 April 2025

	Balance at 1 May 2023 £	Incoming resources £	Resources expended £	Balance at 30 April 2024 £
<b>Unrestricted funds</b>				
<i>General</i>				
General funds	92,012	151,815	(147,986)	95,841
<b>Restricted</b>				
Arts Council of Wales	8,000	22,275	(8,000)	22,275
Cardiff & Vale University Health Board	-	11,704	(5,137)	6,567
Hywel Dda UHB	44,340	11,700	(52,140)	3,900
Cardiff Third Sector Council (C3SC)	-	5,824	-	5,824
Moondance Foundation	-	8,750	(6,900)	1,850
People's Postcode Lottery	-	25,000	(20,833)	4,167
Millennium Stadium Charitable Trust	-	6,886	(3,200)	3,686
Garfield Weston Foundation	6,667	10,000	(10,834)	5,833
PACT	-	2,500	(750)	1,750
Hodge Foundation	20,000	30,000	(30,000)	20,000
Pen Y Cymoedd Wind Farm Community Fund CIC	-	3,792	-	3,792
D'Oyly Carte Charitable Trust	2,000	3,500	(2,300)	3,200
Arts Council England	17,643	-	(17,643)	-
Utleby Foundation	3,750	-	(3,750)	-
Newport City Council	6,612	-	(6,612)	-
Albert Hunt Trust	1,000	-	(1,000)	-
Darkley Trust	2,603	-	(2,603)	-
Marsh Charitable Trust	700	-	(700)	-
GC Gibson Charitable Trust	2,500	-	(2,500)	-
Newby Trust	3,000	-	(3,000)	-
Global Make Some Noise	4,837	-	(4,837)	-
The Big Give	20,112	36,960	(32,432)	24,640
<b>Total restricted funds</b>	<u>143,764</u>	<u>178,891</u>	<u>(215,171)</u>	<u>107,484</u>
<b>Total funds</b>	<u><u>235,776</u></u>	<u><u>330,706</u></u>	<u><u>(363,157)</u></u>	<u><u>203,325</u></u>

## **The Forget-me-not Chorus Cardiff**

### **Notes to the Financial Statements for the Year Ended 30 April 2025**

The specific purposes for which the funds are to be applied are as follows:

The National Lottery - Awards for All - for delivery of services in Cornwall.

The Radcliffe Trust - restricted for core.

Gwynt y Môr Wind Farm Fund - for delivery of services in the Gwynt y Môr area of benefit.

The Roger Raymond Charitable Trust - restricted for core.

Colwinston Charitable Trust - for the recommission and performance of With Joy My Soul Sings!

The HDH Wills 1965 Charitable Trust - for delivery of services in Cardiff North.

The Jenour Foundation - for delivery of services in Wales.

The Sir Jules Thorn Charitable Trust (Ann Rylands Small Donations Programme) - restricted for core.

Music for All - for the delivery of services in Cardiff North.

Power of Music Fund - for the delivery of services in Newport.

# The Forget-me-not Chorus Cardiff

## Notes to the Financial Statements for the Year Ended 30 April 2025

### 20 Analysis of net assets between funds

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 30 April 2025 £</b>
Tangible fixed assets	735	-	735
Current assets	100,976	73,236	174,212
Current liabilities	(38,931)	-	(38,931)
Total net assets	<u>62,780</u>	<u>73,236</u>	<u>136,016</u>
	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 30 April 2024 £</b>
Tangible fixed assets	646	-	646
Current assets	120,640	92,012	212,652
Current liabilities	(9,973)	-	(9,973)
Total net assets	<u>111,313</u>	<u>92,012</u>	<u>203,325</u>