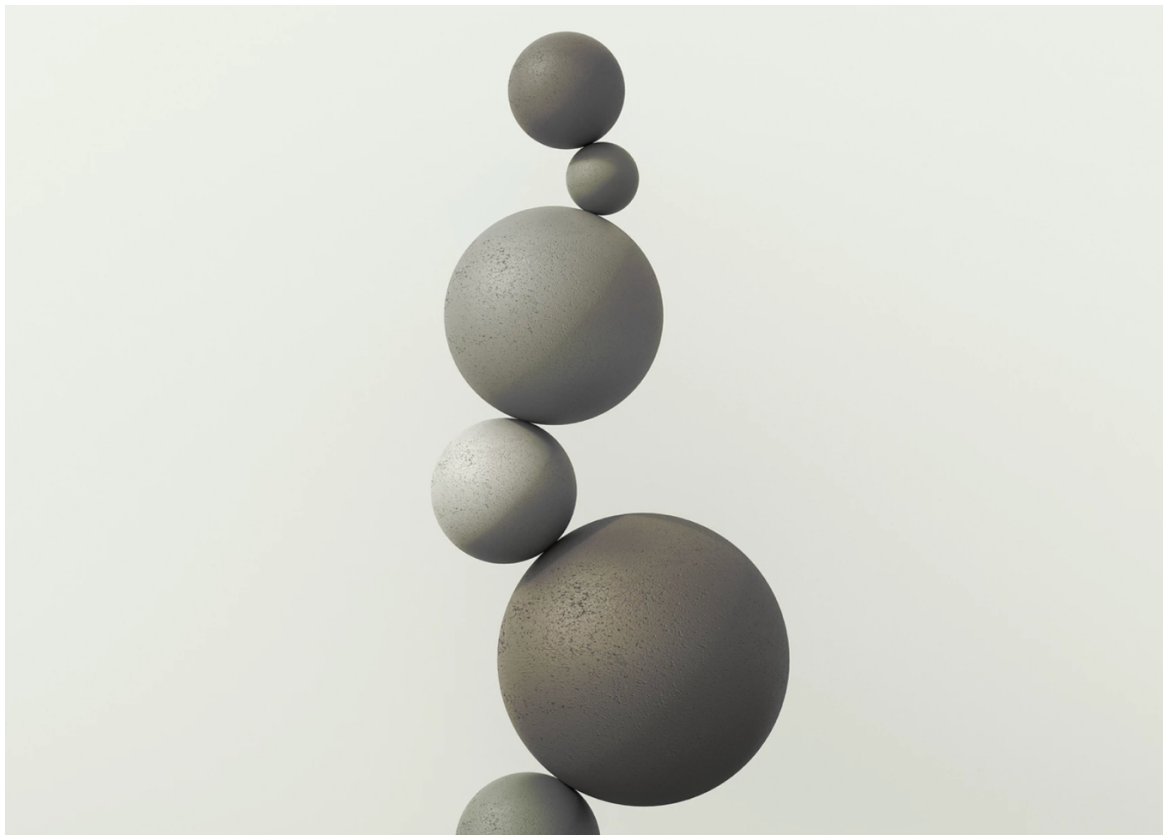


INTRASONUSUK - REPORT 2021



Storytelling Words Music Sounds Workshops Podcasts

INNER WAVES

Empowering the idea that the creative process is a balance against today's overload of outside imposed visual and sound inputs.

We delivered workshops for visually impaired and blind people aiming to reduce isolation and improve physical and mental well-being. All workshops run online over Zoom offering participants the chance to discuss ideas, challenges, and workarounds music, sound, and word. Our creative team offered mentoring and guidance, while our young creatives offered at-home recording sessions where participants could be interviewed, and showcase their art. Remaining safe and not jeopardize the confidence of visually impaired and blind participants proved to be of the utmost importance for our guest and confirmed many among us, now, look with great attention at their inner well-being and at their health. All contributions were uploaded as part of Inner Waves Playlist on SoundCloud, every work could be downloaded, shared and commented upon.

Our motto was: You don't have to be an expert. All you need is a creative mind.



Feeling free to express yourself, not afraid of some external superimposed judgment, proved to be of the utmost importance when allowing people to address their inner creative needs while trying to be individual, original and authentic.

In collaboration with UCL SSID and UCL Culture we produced podcasts discussing how we develop and grow awareness of our interaction with the outside urban world, natural soundscapes and industrial/technological expansion while we try to live a healthy and rewarding indoor and outdoor daily life.

Most of the participants wrote original tracks, some with additional inclusions of natural soundscapes often recorded in the whereabouts of UCL and The Bloomsbury Theatre. In nearby parks we designed some silent walks mingling together the city sounds with more relaxing and 'open air' sound scenarios. We developed every work with the determination and the purpose of boosting mind fullness, offering deeper listening to the outside world and ourselves, and fostering well-being when it means less noise, less distraction, less aggression and more self-consciousness and detached relaxation.

We offered sound pits where participants and beneficiaries were inspired to mix together. With the volunteers' supports and sharing of young creatives, visually impaired and blind people, UCL researchers and students, freelance sound designers and general audience we sublimated the opportunity of spontaneously creating a unique cohort of ideas, contributions and personal experiences. Sharing became as a creative act as sketching narratives, writing new music or inventing installations.

After our final cross evaluation, we jointly decided to communally continue our work aiming to engage more participant from the visually impaired and blind community, but also crossing paths with young creative from North London and our local vibrant communities. We will continue to grow our activity and welcome new partnerships with charities.

Acknowledgements

We would like to thank Arts Council of England, UCL Culture and UCL SSID, The Bloomsbury Theatre, BlindAid, RNIB and London Vision, and all the volunteers and supporters who have made our work possible and ecologically and economically sustainable. We are deeply grateful for the vision and investment of many other individuals; researchers, friends, and above all the general audience cross pollinated by the contribution of our followers and occasional passing byers.

A felt vote of thanks goes to all our partner organisations and their team members for the time, effort, enthusiasm, and in-kind support they have devoted to our work and vision over past years.



CHARITY COMMISSION
FOR ENGLAND AND WALES

INTRASONUSUK

Receipts and payments accounts

CC16a

For the period
from

01.01.2021

To

31.12.2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Project grant	-	14,000	-	14,000	-
Easy fundraising	50	-	-	50	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	50	14,000	-	14,050	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50	14,000	-	14,050	-
A3 Payments					
Project Inner Waves	-	14,000	-	14,000	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	14,000	-	14,000	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	14,000	-	14,000	-
Net of receipts/(payments)	50	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	274	-	-	274	-
Cash funds this year end	324	-	-	324	-

Signed by one or two trustees on behalf of
all the trustees

Signature

Tim Banquero

Print name

TIM
BANQUERO

Date of approval

10/10/2022