

# MUSIC IN OUR BONES

England & Wales · Charity number 1166578

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-04-18

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

## Contact

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**Address** 203 Ranelagh Road  
Ipswich  
IP2 0AH

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**Website** [www.musicinourbones.btck.co.uk](http://www.musicinourbones.btck.co.uk)

## Activities

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**Objects:** TO ADVANCE THE EDUCATION OF AMATEUR SINGERS PRIMARILY IN SUFFOLK, OF ALL ABILITIES BY OFFERING AN OPPORTUNITY FOR ANYONE TO SING WITH OTHERS, WITHOUT AN AUDITION OR FORMER EXPERIENCE OF CHORAL SINGING, IN PARTICULAR BUT NOT EXCLUSIVELY FOR FAMILY CARERS AND FOR THOSE WITH A DISABILITY

**Activities:** Offering harmony singing workshops targeting Family Carers and people with physical disabilities, dementia, and those managing mental health issues and long-term conditions such as Parkinsons, MS, and stroke recovery.

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

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- Suffolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£47,666	£51,736	-	-
2023-12-31	£59,548	£49,631	-	-
2022-12-31	£36,682	£37,718	-	-
2021-12-31	£53,077	£38,830	-	-
2020-12-31	£33,205	£36,162	-	-

## Trustees

Name	Role	Appointed
ADA ELIZABETH GERRIE		2007-07-01
Adrian Stannard-Smith		2020-11-25
Alexander Mark Tarala		2024-02-28
Allan Williams		2017-03-15
Clare Billings-Deed		2024-05-06
Frances Flower		2022-09-14
IAN FLOWER		2007-07-01
PAMELA WAGSTAFF		2015-07-13

**MUSIC IN OUR BONES**

England & Wales - Charity number 1166578

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# Accounts

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**Music In Our Bones**  
**Registered Charity Number**  
**1166578**

**Report and Financial Statements for the year ended 31 December 2024**



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## Reference and Administrative Information

Charity Name Music in Our Bones

Charity Registration Number 1166578

Principal Address 203 Ranelagh Road  
Ipswich  
IP2 0AH

Trustees	Fran Flower	
	Ian Flower	Treasurer
	Ian Heywood	Chair and Health and safety Officer
	Elizabeth Gerrie	Secretary
	Judith Goldsmith	Safeguarding Officer (resigned 28/02/24)
	Oliver Knowland	(resigned 14/5/24)
	Adrian Stannard-Smith	
	Mark Tarala	Treasurer
	Pamela Wagstaff	Complaints Officer
	Allan Williams	
Clare Billings-Deed	Safeguarding Officer (Appointed 14/5/24)	

Bankers Barclays Bank PLC  
1 Princes Street  
Ipswich  
IP1 1PN

Trustee report and review

## **Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO) with a foundation model constitution
2. If a new trustee is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge. Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point. Access to Community Action Suffolk's Trustee training is offered if needed.
3. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.
4. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Clare Billings-Deed is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower was replaced by Mark Tarala who was formerly appointed as Treasurer in Feb 2024. They checked all financial management issues and provided interim management reports at each meeting. Adrian Stannard-Smith managed all the charity's cash handling, recording and banking on a voluntary basis. This role has during the year been taken over by Neil Mulley who is a self-employed book keeper and who now with Tracy Sharp also manages much of the financial updating and banking.
5. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.
6. Music In Our Bones accounts are independently inspected by Accountants Community 360, Winsley's House, High Street Colchester CO1 1UG.

## **Objects of the Charity**

To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

## **Summary of main activities undertaken for the public benefit in relation to those objects**

### **Regular singing sessions 2024**

149 singing sessions during the year created regular singing opportunities and the support that our singing communities offer to a total of **347** individuals (up from 328 in 2023)

### **Outreach singing 2024**

We ran an additional 18 outreach sings in 2024 which reached a further 415 individuals in 2024. Some of these were aimed at sharing our singers' joy of song and growing singing confidence with those unable to easily get to groups in nursing homes and memory lane cafes.

In addition we ran 3 flash mob sings and 2 carol sings sharing songs with 'the public' in the beautiful Christchurch Mansion and the St Johns church in Bury St Edmunds. These one off events involved and were looked forward to and enjoyed by over 70 of our singers.

We also met regularly and sang with over 25 women from many cultures via Suffolk Refugee Support as part of our International Women's singing outreach. We shared icecreams as well as fliers in a summer picnic in Christchurch park, with over 50 women. We also sang with women from our group at a 25th birthday party celebration at Dance East attended by over a 100.

Another highlight this year was Bury groups joining with Lowestoft HeartSong for a thrilling and utterly memorable sing at Snape Malting's Celebration of Suffolk Singing afternoon in July.

Three training events with Suffolk Family Carers were run to increase awareness of carer issues and the significance of singing for those with a caring role amongst our singers and professionals we work with. These sessions reached a further 35 people.

Total individuals benefiting from 172 singing sessions ( regular sessions plus outreach ) = **762** plus audiences at Dance East plus Snape Malting of 300+

Total attendees = **2301** at regular groups.

Total people trying new groups = **159** ( up from 145 in 2023).

### **Fundraising 2024**

Our fundraising campaign in 2024 was devised with support once more with help from our singers and the experience of our successful campaign in 2023. We manage to raise a staggering £15,000+ annually from group donations currently and then planned two major singing events our singers can enjoy with table top sales they supported with produce and 'staffing' Bury and Lowestoft groups help with table top sales at their summer sings. An amazing £17,000+ was raised in total.

- Our Afternoon Of Song in May brought together 75 of our singers who loved both DragonFruit and the Calling Birds sets of songs. A real musical treat. Lots of time for audience participation too created a really memorable event. We also raised a fantastic £875 through table top sales, refreshments and a raffle!



- The Dot & Do Dah New & Pre-Loved sale in July saw queues out of the door to grab a bargain and raised a massive £1650 for the charity.



- Our Stutton Singing tea party in October despite wet weather was enjoyed by 60 and raised an amazing £514.



- And once again both Bury and Lowestoft finished their summer terms with some fundraising table tops and raised more than £300 between them.
- An additional £1500 was raised with one of our singers' choirs on our behalf. Quite astounding support!

It's been very humbling to sense the depth of commitment from our singers leading up to and actually at these events. People have planted seeds and split perennial plants to grow on for us, they have baked marvellous cakes and buns for us and knitted and painted and designed cards for us. Wonderful unopened gifts too have been looked out for us and sold on. We are fortunate indeed to know such support.

And these additional events reached and were wonderfully supported by more than 100 of our singers. Our singing fundraisers are now an important addition to our 'offer' allowing people to show their support for us as well as enjoy time with family and friends in singing company.

We hope to develop these fundraising ideas in the year to come, learning from what worked and what lessons need to be learnt. Being able to create more than a third of our income this way makes for a much more stable and sustainable future for us, and enables us to be less dependent on external grants. Our Community Lottery bid being successful, and last year's huge unexpected donations, however took the worry out of the year's funding issues. We hope to apply for more smaller bids in the year to come as and when required and move forward together as we have done this year learning from our singers about often surprising fundraisers in the community willing to fundraise on our behalf.

## **Our website**

Our website <http://musicinourbones.com/> and its gallery <http://musicinourbones.com/galleries/>

with research and feedback from our singers <http://musicinourbones.com/benefits-of-singing-2/>

and on-line singing sessions, a legacy from the pandemic <http://musicinourbones.com/music-videos/> are all being enjoyed.

Some of our singers, rather than paying in cash at groups, are using our 'Localgiving' donation button on our website to give regular donations. This will allow us to claim an additional 25% in gift aid and helps support us during the holidays. Hopefully this trend will grow as it'll lead to a more stable future.

## **Our Singing Leader Team**

It was a challenging year in many ways as Ian Heywood's remission from his leukemia ended and he had to bow out of face to face work at the end of the year. Rachel Parsons thankfully is recovered from her cancer and has returned to supporting Music In Mind. Jennie Fisk though had to manage months of breast cancer treatment and was recovering from surgery and radiotherapy for most of the summer term. Thankfully all went well and she returned to singing leading at the end of July.

The rest of our leaders Jill Jennings, Mark Coburn, Fran Flower, Helen Rolfe, Denise Steward and Tracy Sharp make up the rest of our very talented and hugely supportive singing leader team. All were involved in helping manage this difficult time and no sessions had to be cancelled. Our singing leaders' enthusiastic support has also allowed for the huge expansion of our outreach, as well as being central to our fundraising, flash mob and carol singing this year.

Millie Parmenter is being mentored by Denise and Tracy at Bury HeartSong. She is keen to become part of our singing leader team in the future which is excellent news indeed.

Fran has supported us all both with cover and offering supervision sessions to Tracy in the management of the charity.

## **Volunteers**

Our dedicated teams of volunteers with Heartsongs in Bury and Ipswich, Musical Memories and Songlines have continued to offer astonishing support to others joining their groups throughout the year. Years on now from the pandemic one of our volunteers still offers a two hour long weekly call to a bereaved Family Carer who is very lonely. Many of our volunteers also regularly travel to collect several singers on their way to their group, offering all important lifts to those unable otherwise to escape the four walls of home.

**New volunteers:** Bex and Maria both newly bereaved Family carers have become invaluable volunteers with Ipswich Musical Memories and Nola has also joined that team meeting us at an outreach sing with Memory Lane Cafe.

Rosemary has joined our Bury Musical Memories volunteers as our latest recruit. And another Rosemary and Penny have been instrumental in the success of our outreach work this year with international women, most of whom are refugees.

Barbara has joined Songlines as a much valued supporter of the group.

## Singing Supporters

Singing supporter training was offered in the Ipswich area to encourage people to share their rich life experience and singing confidence with others alongside us at outreaches. We were delighted that 14 of our singers came forward, 12 of whom have supported two sings in the community one at Foxhall Day Centre of people living with dementia, one supporting a local community group Coffee Space is planned for 2025.

Having sensitive, interested singers alongside us transforms sessions as so many conversations are then possible. Our supporters singing confidence also really boosts the energy of the sessions and encourages everyone to join in and have a go! Nerves and self consciousness vanish and laughter and a party spirit replaces both.

## OUR GROUPS 2024

### Lifting Spirits

Run by Jennie Fisk and Tracy Sharp fortnightly ( Fran covering absence)

Location - Castle Hill Primary School.

Sessions run : 19

Individuals reached : 48 ( 56 in 2023)

Average group size : 18 ( 20 in 2023)

New to the group : 18 ( 24 in 2023)



We were thrilled in 2024 to receive a £20 000 grant to support 2 years of Lifting Spirits sessions, our International women's work and our online presence.

Lifting Spirits has had a very positive year despite not reaching quite as many new people. We have though held a strong core of singers who find the singing helps 'raft them' through the troubled waters of life. Many of our singers have tough caring roles, many have had significant losses this year. Depression and anxiety, illness and disability are all challenges being better managed due to this community of song.

Our 'open mic'( without a mic!) parts of an evening have allowed members of the group to share hugely personal and moving poetry and song with one another. An impromptu pub visit

due to our caretaker having flu and the gates being closed on our arrival one wet and windy evening was hugely enjoyed by 16 of the group. We discovered we 'knew' 15 different songs by heart and treated the rest of the pub to our sing along!

Depth of commitment to the project is also apparent in the number of the group who have stepped forward to help with our fundraising events, managing table tops and refreshments. Several have also come to our singing supporter training and are now developing their confidence supporting us at outreach sings.

The members of Lifting Spirits have decided they would like to be sent the songs we sing to sing along with at home and have organised 2 Whats App groups, one which is social the other solely to share our songs. Anyone can opt into receiving these. It's an exciting initiative that came from the group.

### **Why do the women involved sing with us?**

*Jennie Tracy and Fran were extremely moved when at one open mic, members of the group shared a song written for us by one the group and learnt by those on the Whats App group. The words sing out with all Lifting Spirits might mean to its members, we were deeply honoured and touched. Here are some of the lyrics:*

*There's these 3 women I know  
Have been there for my journey  
They've shown me how to love and celebrate  
Shone a light through mourning..*

*I've trod my path alone  
They've proffered me connection  
They've welcomed me into their sisterhood  
brought me to belonging*

### **Feedback from the group included these comments:**

*'Sometimes the negative emotions 'come to a head' during the course of a song, and there's no judgemental reaction from anyone. I don't feel I need to put on a face which can be so exhausting.*

*It always helps my emotional and mental health.'*

*Such a wonderful feeling of togetherness singing with each other*

*It literally lifts my spirits and I feel calmer and more joyous after singing.*

*I can step away from the stress and noise of life and be immersed in a beautiful sound full of love. Its my happy safe space*

*It has helped me manage my stress and anxiety over the past year. Being part of the singing community has helped me to be in the moment – to focus on what's good in the world*



## **Ipswich HeartSong**

Run by Jennie Fisk and Tracy Sharp once monthly

Location- Rushmere Village Hall

Sessions run: 11

Individuals reached : 25 ( 26 in 2023)

Average group size : 12 ( 10 in 2023)

New to the group : 12 ( 9 in 2023)



Ipswich Heartsong has supported a slowly growing but smaller community of mainly older and some extremely isolated people. Most are without transport. Volunteers or singing leaders offer lifts and for several people in the group, this is their only social contact outside of their families. Due to our outreach locally the group's core group is now growing which is positive for everyone.

8 of the group have become singing volunteers with a twice yearly sing we are offering to Westerfield House nursing home in the locality, and one member has, once again, been central to our fundraising campaign in 2024.

### **Bury HeartSong**

Run by Denise Steward and Tracy Sharp once monthly

Location- Bury Quaker meeting house

Sessions run : 11

Individuals reached : 38 ( 33 in 2023)

Average group size : 12 ( 11 in 2023)



New to the group : 17 ( 19 in 2023)

It's been very encouraging that this group is steadily slowly growing. It includes very isolated people encouraged to join us by the local social prescribing team often with

serious anxiety issues. The singing, without having to talk through any issues, seems both to offer a rarely felt sense of community as well as a joyful playful time that both

soothes and lifts. Several Family Carers with very challenging caring roles have joined us and talk of benefitting from the sense of being fed by the singing as they so often arrive feeling exhausted and 'empty'. All have been welcomed into the group and seem to be settling well.

Our highlight of the year was undoubtedly our sing with Bury Musical Memories and Lowestoft HeartSong on the big stage at Snape as part of their Afternoon of Suffolk singing.

It was an incredible experience to be able to showcase everyone's singing confidence in such a beautiful and prestigious place. An exciting time for everyone able to be with us. Here we all are rehearsing beforehand.



### **Lowestoft HeartSong**

Run by Helen Rolfe and Tracy Sharp once monthly

Location- St Marks Church Hall

Sessions run: 10

Individuals reached : 35 (29 in 2023)

Average group size : 20 (20 in 2023)

New to the group : 7 ( 8 in 2023)



Here we all are ( 46 of us ) on the stage at Snape. One of our Lowestoft former Family Carers who has sung with us from the beginning offered a very emotional and moving introduction to Lean on Me.

*'It was important having my son and daughter in law there. They were very proud of me and took me out for dinner afterwards. I really loved it. It was a very emotional moment doing the*

*introduction and talking about times caring. I welled up unexpectedly, caught suddenly with thoughts of Peter, my first husband, my son's father and all the years I cared for him singing with HeartSong.'*

Another Lowestoft singer said

*'Just another big thank you for a wonderful day last Sunday. If I had a bucket list I'd have been able to cross one off!'*

This group is really flourishing, its members being hugely supported by a once monthly call from Helen Rolfe. Our improved links with other organisations help, but it has been mainly word of mouth that has led to newcomers joining us, some with caring roles with and without the person they are caring for.

Once again the group's commitment to the future was shown in their very generous support of an end of year fundraiser. Plants were spilling from the door and much home baking enjoyed!

Two of our core group died quite unexpectedly during the year. People's support of one another at such times is very apparent. Our members clearly suggest other groups and activities to each other too so that networks of support are widened. Lifts are always offered to many without transport, allowing those most isolated to enjoy the sense of community Heartsong offers.

We were delighted by the number of the group who felt able to join us at Snape such a proud moment for us all. Several people had family watching. It genuinely was the event of the year for many.

### **Music In Mind**

Run by Jennie Fisk, Ian Heywood and Tracy Sharp and Rachel Parsons.

Location- Ipswich Quaker Meeting House

Sessions run: 18

Individuals reached : 45 ( 49 in 2023)

Average group size : 17 ( 16 in 2023)

New to the group : 19 ( 23 in 2023)







Songlines has had a positive year, its core attendees slowly growing, despite the sad loss of one of our founder members and a massively supportive presence in the group. Linda was a volunteer with us who offered so many in the group inspiration and encouragement as well as practical help with lifts and phone calls. We sorely miss her bright presence but often remember her together as favourite songs of hers are shared. Many people in the group are managing life with aphasia, but most find the songs they've loved are still accessible to them. It is hard to imagine how liberating that must feel, in a world that's so often full of frustration. Links are strong with volunteer-led stroke groups locally. One of our founder members, a trustee now encourages people to see if singing and being part of the group might support people's recovery and quality of life, and with a new stroke worker have helped us to 'find' new people.

#### A case study! Jean ( to preserve anonymity)

Jean joined us alongside her husband who had a stroke and manages life now with some memory loss issues. Both LOVED the sense of fun and community the group offered. On hearing about fundraisers planned, Jean set about planting seeds and splitting plants for us in her greenhouse, encouraging her husband to help by her side. Almost single handedly she filled a huge trestle table with fabulous plants at our Afternoon of song and raised over £200 with her efforts. It is extraordinary humbling that a group can mean so much to people already struggling with so much, that they offer such generosity and time to our charity. Such positivity in the face of adversity is a huge inspiration to us all.

Jean sadly has not been well herself during the latter half of the year. She has insisted though that her own ill health shouldn't get in the way of her husband having an afternoon out singing. A wonderful neighbour has brought him regularly, the group offering her during this time a little time off in the knowledge that her husband will be having a great time.

### **Musical Memories Ipswich**

Run by Mark Coburn and Tracy Sharp fortnightly with a team of 7 excellent volunteers

Sessions run: 20  
Individuals reached : 47 ( 49 in 2023)  
Average group size : 22 ( 20 in 2023)  
New to the group : 19 ( 20 in 2023)

Musical Memories in Ipswich grew and then contracted this year as we sadly lost several of our members. The group however has remained a very lively exuberant group who create a wonderful sound together and are always up for both laughter and a bit of a fun.



Outreach sings and our links in the group with Memory Lane Cafe remains key to this group's development.

**‘The past, which is not recoverable in any other way, is embedded in the music as if in amber. Music is the one thing dementia cannot destroy.’** Oliver Sacks

Anyone who has sung regularly with someone living with dementia will know of the delight at finding that amber, a safe place full of warmth and colour which allows someone to light up once more and to be themselves.

Being able to attend with different family members can often offer families the chance to spend time together in a space that allows them to be in touch with their parents or partner like no other. One family brought their mother to Snape to enjoy our performance there, such is her love of music. *‘Mum loved every minute and conducted you all from her seat’*

The group's volunteers are a huge reason for this group's success as they offer Family Carers the chance to have some time off and talk to each other safe in the knowledge that the person they care for is having a lovely time with our volunteers who are all very experienced at being alongside people living with dementia.

### **Musical Memories Bury**

Run by Mark Coburn and Tracy Sharp with 3 excellent volunteers

Location- Moreton Hall Community Centre

Sessions run : 19

Individuals reached : 51 (46 in 2023)

Average group size : 20 (19 in 2023)

New to the group: 34 ( 32 in 2023)



This hard to establish post pandemic group is continuing to go from strength to strength. By the end of the year we were 25 strong and growing! A small team of very committed volunteers helps create a tremendously friendly welcome and to manage the considerable refreshment operation! Our links with social prescribers locally as well as Alzheimer Society workers all help the group reach out to new people.

We were thrilled that so many of the group made the long journey across to sing at Snape. It was very moving to see people with dementia with their partners showcasing their confident singing in such a prestigious concert hall.

*'What a wonderful, wonderful day, a thousand thanks for making it so, your organisation was amazing. . The whole experience was something very special, singing our hearts out with lovely people in such an incredible setting. Yesterday will be one of the highlights of my eightieth year. I also know how much X enjoyed it despite the fact that we both left the stage in tears, overwhelmed with joy not sadness.'*

A volunteer ( a former Family Carer herself ) best sums up what it is felt is on offer in Bury Musical Memories...

*'The joy on faces around the room tells a story, caring for someone with memory loss is no easy challenge twenty four hours a day, singing with you gives us all a chance to recharge our batteries.'*



## ON-LINE SINGING 2024

Zoom Musical Memories

Sessions run: 19

Individuals reached : 19 ( 26 in 2023)

Average group size : 10 ( 9 in 2023) Newcomers 23 ( 24 in 2023)



Mark Coburn, Jill Jennings and Tracy Sharp have continued to run this group fortnightly, finding and sharing favourite popular songs, celebrating the seasons and people's birthdays along the way as well as teaching songs that are easily taught. The Community Lottery, aware that the group was small, have clearly understood its importance to those unable to access singing in other ways as funding is included in their two year grant to us.

Now that most people can join us in 'real life', these sessions remain a vital life-line to a small community of people who cannot get out easily. One younger stroke survivor is at home all day alone as his wife has to work full-time due to the loss of his income and pension. His wife has let us know how important it is to him to have the group to look forward to. Another wheel chair user has moved back to Scotland to be near relatives but still joins us from there! Here's her feedback!

*'The internet does play its part 😊 doesn't it? I look forward to it and really enjoyed singing. Thanks for sending this and the lyrics! It is great having such a fun sing session.'*

Others join us during spells of anxiety or depression or following operations whilst recovering from illness. Simply being cheered and lifted by the company of others, for those caring for someone no longer able to communicate due to dementia can be a huge help navigating difficult days in the winter especially.

Sometimes care homes join us and occasionally an acute ward at Ipswich hospital.

## **Outreach**

### Inside Out

We have continued to offer termly sings with Inside Out Community. Some of our most committed members of Music In Mind have found their way to us following our sings there. The sessions always provoke us to really reflect on the power of singing in bringing together people often initially acutely anxious and alienated. The room begins quietly some people saying nothing and sitting clearly worried and withdrawn and yet always ends up being warmly connecting. One woman said

*'Singing together with other people makes you realise other singers are your people'*

### Outreach sings in the community

This was a busy year for us offering an additional 18 outreach sings in 2024 which reached a staggering 415 individuals in 2024. We sang at support groups, dementia cafes, nursing homes and day centres. Our reserves helped fund these sings which both simply shared our love of song with others and helped reach out to find people who perhaps had never believed they could dare to raise their voice with others.

### Flash Mob sings - The Hold, Unitarian Church and Christchurch mansion for carols

These events proved hugely popular. Most attracted around 30 singers and they definitely encouraged people who had not been in touch or able to attend groups for a while to get back in touch. Family members also joined in the fun. At our carol song in Christchurch mansion a 94 year old sang alongside a four month old baby - intergenerational singing indeed!

We've learnt a great deal from experience and found that people enjoy the chance to sing a short collection of songs, not just the one. Social time before and after our sing is also important to people, especially those living alone. Singing in beautiful historic or culturally significant venues adds to the sense that we have achieved something important together, it also often adds a beautiful acoustic which lifts the singing itself. Creating memorable events for people to look forward to and savour as important memories will from now on always be included in our years planning. The Community Lottery has backed the idea and is supporting our flash mob sings in 2025. [The Hold Feb 2024](#)



#### Unitarian church flashmob sing July 2024



A worker from the Thomas Wolsey 550 project sent us this lovely feedback:

*'And an especially big thank you for inviting me to see the flashmob - it was truly lovely and I can't believe the quality of the singing..the acoustics in that gorgeous building contributed to a wonderful sound. '*

#### **International Womens Group 2024**

Sessions run: 13

Individuals reached : 25

Average group size : 12

## **International Womens Group – Suffolk Refugee Support**

School holidays, Ramadan and two Eid festivals, summer trips away with the group, as well as the ever changing lives of most of the women we have met through Suffolk Refugee Supports International Women's group all mitigate against steady progress in developing this work! Toddlers and babies are marvellously distracting in the mix too.

However we have successfully developed relationships of warmth and trust with the women in this group and many stay on to sing with us. We have created a rather beautiful video with these younger women and their babies and toddlers based on the song We are One World. Another is planned.

Our learning has been cultural this year. Most of the women we sing with are muslim and kurdish, sudanese, afghanistani, and albanian. Dancing and using hand drums at weddings and other events are the expertise and musical experience most women in our group seem to have. Harmony singing using western musical scales is definitely unfamiliar.

More recently we have begun to experiment with both drumming and the sharing of everyone's favourite dances and dance music. Our learning has become two-way - something we had always hoped for. Sessions are chaotic and great fun. We shall see where our learning takes us next year.

A highlight for our group though was singing at the Refugee Support's 25th birthday party at Dance East in front of probably a hundred people from different cultures. The event included a fashion show of dresses made by some of the women we know - extraordinary fine dressmaking and designing.



These public events allow our group to showcase musically all they have learnt and to express sentiments that we all seem to share about the need for peace and tolerance in our troubled world. Jill Jennings and Tracy are leading this project now with Fran, Penny, and Rosemary supporting as volunteers. It's a wonderful adventure, one full of surprises!

## **Partnership work**

Our main promotion has been via our professionals' 'What's on' which have proved very successful now reaching 212 professionals half termly. They help keep professionals aware of what we have on offer and remind them that singing might help those they support.

Our other partnership work this year has been with Suffolk Family Carers strengthening our understanding of all that is on offer for Family Carers and encouraging Suffolk Family Carers to refer people to us. Three face to face information sessions in Ipswich Bury and Lowestoft were hugely valued by the 30+ singers who attended. Other professionals also participated, widening Family Carers sense of what help is available locally in a very productive way.

Feedback from singing leaders, and in particular Family Carers singing with us has been very positive indeed.

This Family Carer whose wife has advanced dementia told us:

*'What an insightful morning, and so extremely useful to all those attending.  
Well done & bless you all.'*

*'I can't tell you how helpful I found yesterday's meeting. I left with enough information and phone numbers etc to feel supported. Meeting the Waveney carers orgs was great. I'm sorry I cried, but I am so tired and things seem so difficult at the moment.'*

We learnt a great deal as we went in terms of how best to structure the session, the need for people to talk about the situation before being able to really 'hear' information about what's on offer etc. We hope it might be possible to repeat the project bi or tri-annually as so much changes in social care and the NHS so quickly.

### **Minimising covid/lung infection risks for groups**

Minimising risks we now

1. Enjoy larger singing spaces
2. Try to ensure good air flow in these
3. Ask our singers to avoid our sings if they have a cold, sore throat, unexplained cough or headache or feel 'off' or coldy.
4. Ensure that singing leaders still test for covid once weekly ( or before a once monthly sing )

# MUSIC IN OUR BONES 2024! WHAT A GREAT END TO THE YEAR WE HAD!

In July, our incredible singers gathered at The Unitarian Church in Ipswich for a flash mob performance, raising the roof with their passion for music. It was a memorable moment, all about spreading the joy of singing and building confidence!



48 members of HeartSong & Musical Memories had an unforgettable experience as we took the stage at Snape Maltings for the Celebration of Suffolk Singing, performing Lean On Me & BambaLele. Celebrating the magic of music bringing our community together in the most uplifting way!

## Fabulous Fundraising!

The Dod & Do Dah New & Pre-Loved Sale in July was an absolute hit, with queues stretching out the door as bargain hunters grabbed amazing finds! It raised a whopping £1650 for charity! What a fantastic way to snag a deal and support a great cause!



The Singing Tea Party Fundraiser in October was a celebration to remember. With 60 guests enjoying delicious treats and live music, raising an incredible £559



07557 809297 - musicinourbones@gmail.com - www.musicinourbones.co.uk

Signature..... Date 25.10.25

Chair FRANCES FLOWER

Signature..... Date 25/10/25

Adrian Stannard-Smith ( Trustee

## **Independent Examiner's Report**

I report on the accounts of Music in Our Bones for the year ended 31st December 2024 which are set out on pages twenty-six to thirty two.

### **Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

### **Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

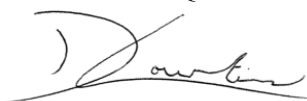
In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

David Courtier FMAAT AATQB for and on behalf of:

Community360



Winsley's House, High Street, Colchester, Essex, CO1 1UG

Date: 27/10/2025

## Statement of Financial Activity for the year ended 31 December 2024

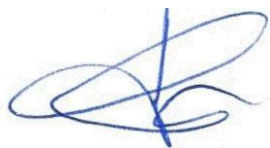
		2024		2023
		Unrestricted	Restricted	Total
	Notes	Ç	Ç	Ç
				Total
		Ç		Ç
<b>Income from:</b>				
Donations and Legacies	4	11,611	36,055	47,666
<b>Total incoming resources</b>		11,611	36,055	47,666
<b>Resources expended</b>				
<b>Cost of generating funds:</b>				
Charitable activities	5	9,122	42,614	51,736
<b>Total resources expended</b>		9,122	42,614	51,736
<b>Net income for the year</b>		2,489	(6,559)	(4,070)
Transfer between funds		(10,964)	10,964	-
<b>Net Movement in Funds</b>		(8,475)	4,405	(4,070)
Total funds brought forward		26,311	21,821	48,132
Total funds carried forward		<b>17,836</b>	<b>26,226</b>	<b>44,062</b>

## Balance Sheet As At 31 December 2024

		2024	2023
	Notes	Ç	Ç
<b>Current assets</b>			
Cash at bank and in hand		44,402	48,442
		<u>44,402</u>	<u>48,442</u>
<b>Creditors:</b>			
Amounts falling due within one year	5	340	310
		<u>44,062</u>	<u>48,132</u>
<b>Net current assets</b>			
		<u>44,062</u>	<u>48,132</u>
<b>Net assets</b>		<u><b>44,062</b></u>	<u><b>48,132</b></u>
<b>Funds</b>			
Restricted funds	6	26,226	21,821
Unrestricted funds	6	17,836	23,611
		<u>44,062</u>	<u>45,432</u>
		<u><b>44,062</b></u>	<u><b>45,432</b></u>

The financial statements were approved by the Board of Trustees and authorised for issue.

Signed on behalf of the Board



Chair **FRANCES FLOWER**

Date 7 May 2025

Notes forming part of the financial statements for the year ended 31 December 2024

### **1.1 Basis of accounting**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on 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)(effective 1 January 2019). (Charities SORP), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### **Cash flow statements**

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1asis of accounting

### **1.2 Change of accounting policy**

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2

### **1.3 Accounting estimates**

There have been no accounting estimates made in either of the two years reported in this document.

### **1.4 Material prior year errors**

There are no material errors in the prior year's accounts.

## **2 Accounting policies**

### **2.1 Income**

#### **A) Recognition of income**

Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the resources and the monetary value can be measured with sufficient reliability.

#### **B) Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses.

#### **C) Grants & donations**

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

#### **D) Government grants**

The charity has received no government grants in the reporting period.

#### **E) Tax reclaims on donations and gifts.**

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

#### **F) Donated goods.**

There have been no donated goods in the period.

**G) Interest Income.**

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

**2.2 Expenditure and Liabilities**

**A) Liability recognition**

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

**B) Governance cost.**

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice

**C) Grants with performance conditions**

There were none in the year or the previous year

**D) Grants payable without performance conditions**

There were none in the year or the previous year.

**E) Employees**

There were no employees during the year or prior year. All work is undertaken by self employed people.

**F) Deferred income**

There was no deferred income in the current or previous year.

**G) Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

**H) Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date. No provisions for liabilities has been included in the accounts for the current or previous year.

**2.3 Assets**

**A) Fixed Assets**

There are no fixed assets.

**B) Current asset investments**

These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

### C) Debtors

There were no debtors in the current or previous year.

### 3 Payments to Trustees

During the year the following trustees received payment for their work as singing leaders. Ian Heywood £1,890 (£2,050 2023), Fran Flower £1,510 (£1,595 2023)

### 4 Donations and legacies

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2024 Total £</b>	<b>2023 Total £</b>
General Donations	-	27,175	27,175	41,328
Workshop donations	8,907	8,880	17,787	4,601
General Donations	2,704	-	2,704	13,619
	<b>11,611</b>	<b>36,055</b>	<b>47,666</b>	<b>59,548</b>
<b>Total 2023</b>	<b>17,149</b>	<b>42,399</b>	<b>59,548</b>	

### 5 Resources expended: Charitable activities

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2024 Total £</b>	<b>2023 Total £</b>
<b>Direct costs</b>				
Tutor fees	1,355	32,315	33,670	35,502
Venue hire	87	5,050	5,137	4,447
Project management	5,078	2,675	7,753	7,049
Volunteer expenses	125	55	180	1,162
Outreach	425	-	425	-
<b>Support costs</b>				
Administration	1,048	2,381	3,429	786
Governance	847	138	985	434
Insurance	142	-	142	171
Other	-	-	-	-
Publicity	15	-	15	80
	<b>9,122</b>	<b>42,614</b>	<b>51,736</b>	<b>49,631</b>
<b>Total 2023</b>	<b>8,232</b>	<b>41,399</b>	<b>49,631</b>	

## 6 Analysis of funds

2024

£

£

£

£

£

	<b>Brought forward</b>	<b>Income</b>	<b>Expenses</b>	<b>Transfers</b>	<b>Closing balance</b>
Lifting Spirits - Musical Memories Zooms- International Women-Flash Mobs	1,692	11,939	(13,881)	250	0
Music In Mind	0	5,749	(5,487)	0	262
Heartsong - Lowestoft	720	851	(1,783)	212	0
Heartsong - Bury	0	406	(2,051)	1,645	0
Heartsong - Ipswich	0	520	(2,462)	1,942	0
Musical Memories - Bury	0	835	(3,735)	2,900	0
Musical Memories Ipswich - Crane Fund	510	3,333	(4,311)	468	0
Songlines	0	731	(4,257)	3,526	0
Legacies- Restricted Funding	373	0	(85)	0	288
Suffolk Carers Funded Information And Training Sessions	3,603	0	(3,427)	0	176
Age Unlimited Restricted Funding	9,666	0	(170)	0	9,496
Thomas Wolsey Flash Mob Sings	0	944	(965)	21	0
Working Together Award - Restricted Funding	4,031	0	0	0	4,031
Songrise - Restricted Funding	1,226	747	0	0	1,973
0					
Unrestricted - Donations - Outreach-Admin-Project Management - Meetings	26,311	11,611	(9,122)	(10,964)	17,836
Grants received in advance	0	10,000	0	0	10,000
<b>Total</b>	<b>48,132</b>	<b>47,666</b>	<b>(51,736)</b>	<b>0</b>	<b>44,062</b>

**2023**

£

£

£

£

£

Activity	Brought forward	Income	Expenses	Transfers	Closing balance
Restricted					
Ulrike Read Legacy	1,000	0	(627)	0	373
Awards For all Dec 2022	1,730	0	(1,870)	140	0
Awards for all April 2024	0	9,998	(8,306)	0	1,692
Ellie's Fund Nov 22	1,550	0	(1,550)	0	0
Tudwick Foundation Feb 24	83	3,000	(3,083)	0	0
David Munday Legacy	1,000	0	(1,000)	0	0
Maurken fund	0	500	(500)	0	0
Songlines Ipswich	614	0	(614)	0	0
Evdemonia April 23-Mar 24	0	862	(862)	0	0
East Suffolk CC for Low Heartsong	0	1,600	(880)	0	720
Suffolk and Essex Water Lowestoft	135	0	(135)	0	0
Sandy Martin May 22	380	380	(762)	2	0
Arts & Culture Fund May 22-Apr 23	1,015	0	(1,015)	0	0
Musical Memories Ipswich - Crane Fund	5,000	9,988	(14,478)	0	510
Heartsong – E Suff Council L'Stoft	0	0	0	0	0
Songrise	835	599	(208)	0	1,226
Age Unlimited	0	10,000	(334)	0	9,666
Thomas Wolsey 550 Nov 23	0	472	(472)	0	0
Suffolk Carers Dec 23 to Dec 24	0	5,000	(1,397)	0	3,603
Project Development – Working Together	4,031	0	0	0	4,031
Project Management Henry Smith April 22-Mar23	3,209	0	(3,209)	0	0
Other restricted projects	15	0	(98)	83	0
<b>Total restricted</b>	<b>20,597</b>	<b>42,399</b>	<b>(41,400)</b>	<b>225</b>	<b>21,821</b>
<b>Unrestricted</b>	<b>17,619</b>	<b>17,149</b>	<b>(8,232)</b>	<b>(225)</b>	<b>26,311</b>
<b>Total Reserves</b>	<b>38,216</b>	<b>59,548</b>	<b>(49,632)</b>	<b>0</b>	<b>48,132</b>

**MUSIC IN OUR BONES**

England & Wales - Charity number 1166578

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# Accounts

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**Music In Our Bones**  
**Registered Charity Number**  
**1166578**

**Report and Financial Statements for the year ended 31 December 2023**



# Music in Our Bones

## Contents

<b>Reference and Administrative Information</b>	<b>3</b>
<b>Trustee's report</b>	<b>4 - 19</b>
<b>Independent examiner's report</b>	<b>20</b>
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<b>Balance sheet</b>	<b>22</b>
<b>Notes to the financial statements</b>	<b>23 - 27</b>



# Music in Our Bones

Trustee report and review

## **Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO) with a foundation model constitution

2. If a new trustee is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge. Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point. Access to Community Action Suffolk's Trustee training is offered if needed.

3. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.

4. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Judith Goldsmith is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Florence Richmond, a practising accountant, resigned during the year and was replaced by Mark Tarala who was formerly appointed as Treasurer in Feb 2024. They checked all financial management issues and provided interim management reports at each meeting. Adrian Stannard-Smith manages all the charity's cash handling, recording and banking on a voluntary basis.

5. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.

6. Music In Our Bones accounts are independently inspected by Accountants Community 360, Winsley's House, High Street Colchester CO1 1UG.

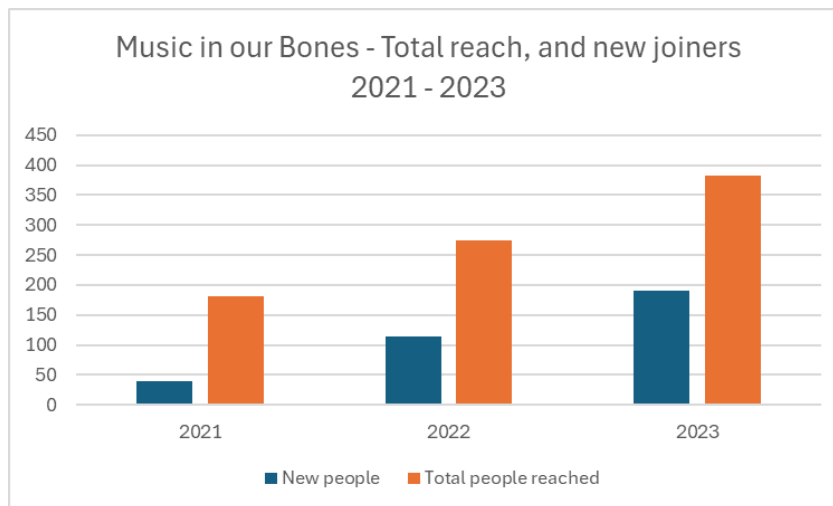
## **Objects of the Charity**

To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

# Music in Our Bones

## Review of Activities in the Year

### Summary of main activities undertaken for the public benefit in relation to those objects



### Regular singing sessions 2023

**178 singing sessions** during the year created regular singing opportunities and the support that our singing communities offer to a total of **328 individuals**

(up from 270 in 2022). 30 of these were via zooms.

### Outreach singing 2023

We ran an additional **28 outreach sings** in 2023 which reached a further **487 individuals** in 2023 417 of these were unknown before to us (and this was up from 7 outreach sings in 2022 reaching 149 individuals).

Some of these were aimed at sharing our singers joy of song and growing singing confidence with those unable to easily get to groups in nursing homes and memory lane cafes. Others were flash mob and carol sings sharing songs with 'the public' in beautiful places like Christchurch Mansion and at health and well-being events.

These one off events involved and were looked forward to and enjoyed by over 70 of our singers.

We also met 60 women from many cultures via Suffolk Refugee Support as part of our International Women's singing outreach, sharing ice creams as well as fliers in a summer picnic in Christchurch Park!

Two training events with Suffolk Family Carers were run to increase awareness of carer issues and the significance of singing for those with a caring role amongst our singers and professionals we work with. These sessions reached a further 47 people.

### Singing Fundraisers 2023

In addition, we ran four fundraising events which were enjoyed by:

- 32 in Bury
- 30 in Lowestoft

# Music in Our Bones

75 at our Afternoon of song and 60 at our Stutton tea party and sponsored walk (some singers will have been at both Ipswich based events)

These events therefore reached and were wonderfully supported by around 150 of our singers. Total individuals benefiting from 206 singing sessions ( regular sessions plus outreach ) = **702**

Total attendance = **2370** at regular groups, plus **534** outreach attendees

Total people trying new groups = **167**

**145 individuals new to Music In Our Bones and including patients and staff from the acute psychiatric Willows ward at Ipswich Hospital ( up from 120 in 2022 ). Our publicity is improving thanks to our admin support from Emma Rogers.**

## Our website

Our website <http://musicinourbones.com/>

and its gallery <http://musicinourbones.com/galleries/>

with research and feedback from our singers <http://musicinourbones.com/benefits-of-singing-2/>

and on-line singing sessions, a legacy from the pandemic <http://musicinourbones.com/music-videos/>

are all being enjoyed.

Some of our singers, rather than paying in cash at groups are using our 'Localgiving' donation button on our website to give regular donations. This will allow us to claim an additional 25% in gift aid and helps support us during the holidays. Hopefully this trend will grow as it'll lead to a more stable future.

## Our Singing Leader Team

Rachel Parsons the newest member of our singing leader team following her major operation and treatment needed much of the year to recover. We were all delighted by her return however before Christmas. Jill Jennings, Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Denise Steward and Tracy Sharp make up the rest of our very talented and hugely supportive singing leader team. Their enthusiastic support has allowed for the huge expansion of our outreach, as well as being central to our fundraising, flash mob and carol singing this year.

Fran has supported us all both with cover and offering mentoring sessions for Tracy in the management of the charity.

## Volunteers

Our dedicated teams of volunteers with Musical Memories and Songlines have continued to offer astonishing support to others joining their groups throughout the year. One man is still telephoning a Family Carer who is very lonely and who no longer attends the group allowing him to regularly talk for a couple of hours weekly throughout the year. Many regularly travel to collect several singers on their way to their group offering all important lifts to those unable otherwise to escape the four walls of home.

New volunteers: Barbara from Lifting Spirits has joined Songlines as a regular volunteer and joins Clare and Len as our newest recruits. Rosemary, Penny, Tricia and Chevy have all been instrumental in the success of our outreach work this year with international women, most of whom are refugees.

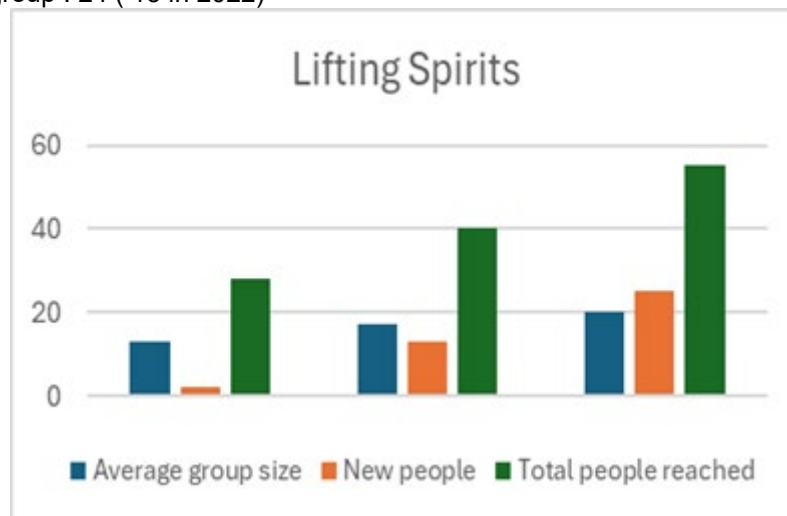
## OUR GROUPS 2023

- **Lifting Spirits** run by Jennie Fisk and Tracy Sharp fortnightly ( Fran covering absence)  
Location - Castle Hill Primary School  
Sessions run : 19  
Individuals reached : 56 ( 40 in 2022)

# Music in Our Bones

Average group size : 20 ( 17 in 2022)

New to the group : 24 ( 13 in 2022)



Lifting Spirits has had a very positive year reaching more new people and supporting many through very challenging life events: tough caring roles, grief, anxiety, illness and disability, recovery from in-patient psychiatric stays. Our bi-annual 'open mic' ( without a mic!) parts of an evening have allowed members of the group to share hugely personal and moving poetry and song with one another. Some after session visits to a local pub just to socialise have been another positive development suggested and enjoyed by everyone involved. Depth of commitment to the project is also apparent in the number of the group who have stepped forward to help with our fundraising events, managing table tops and refreshments and joining our sponsored walk.

## **Why do the women involved sing with us?**

*'Lifting Spirits has helped me through a very stressful caring role and two complicated bereavements – providing a space to both release, express and reconnect with myself and others'*

*'It's non-judgemental, this group enables me to join in ( which I find difficult to do)'*

*'Keeps me sane. Sharing singing with others is a very powerful thing – I feel more grounded when I have sung. Lifted spirits.'*

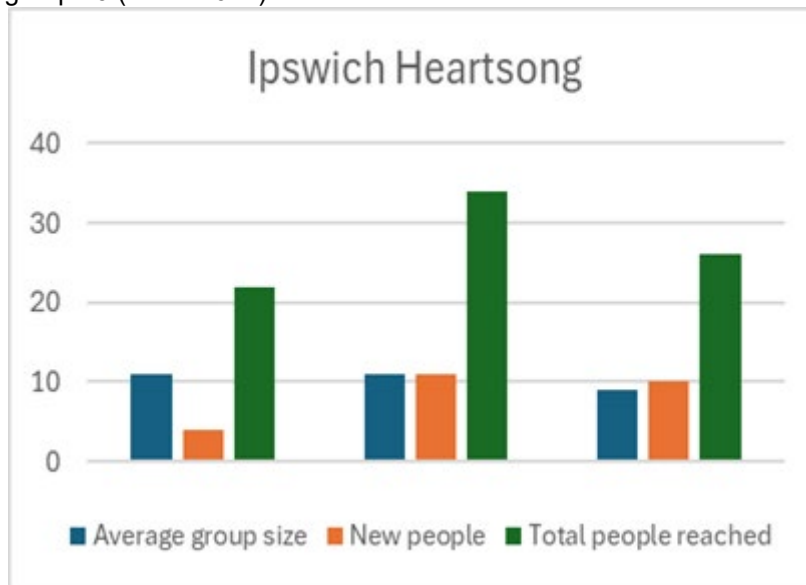
*'It feels like being part of a community – an accepting caring group. It gives me hope and joy.'*

- **Ipswich HeartSong** run by Jennie Fisk and Tracy Sharp once monthly  
Location : Rushmere Village Hall  
Sessions run: 11  
Individuals reached : 26 ( 34 in 2022)

# Music in Our Bones

Average group size : 10 ( 11 in 2022)

New to the group : 9 ( 11 in 2022)



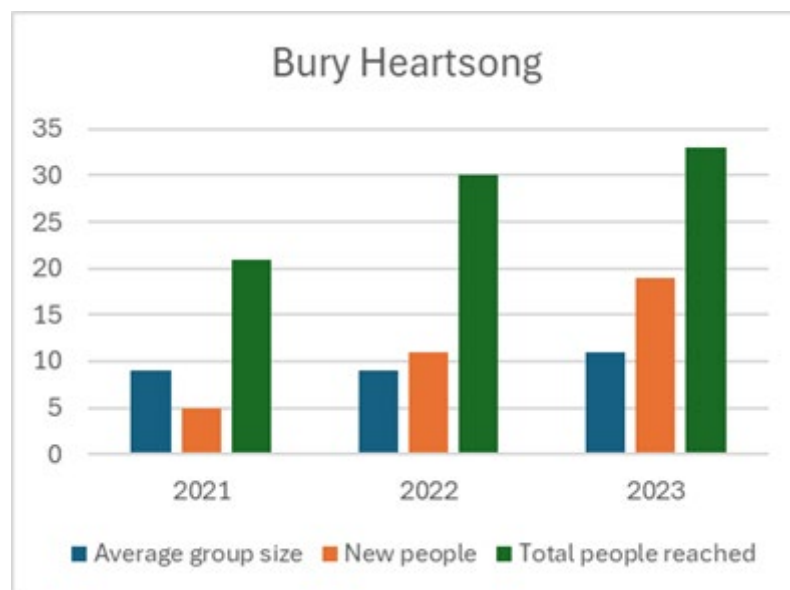
Ipswich Heartsong has provided a significant life-line to a smaller community of mainly older and some extremely isolated people. Most are without transport, volunteers or singing leaders bringing them to the group and for several people in the group, this is their only social contact outside of their families. The group has supported members through the loss of partners, the care of parents and partners, personal depression and disability. We are concentrating on finding new singers with an outreach plan organised for 2024 but feel committed to our support of this core of people.

6 of the group have become singing volunteers with a twice yearly sing we are offering to Westerfield House nursing home in the locality, one member has been central to our fundraising campaign in 2023.

# Music in Our Bones



- **Bury HeartSong** run by Denise Steward and Tracy Sharp once monthly  
Location : Bury Quaker meeting house  
Sessions run : 11  
Individuals reached : 33 ( 30 in 2022)  
Average group size : 11 ( 7 though an average of 10 by the autumn term in 2022)  
New to the group : 19 ( 11 in 2022)

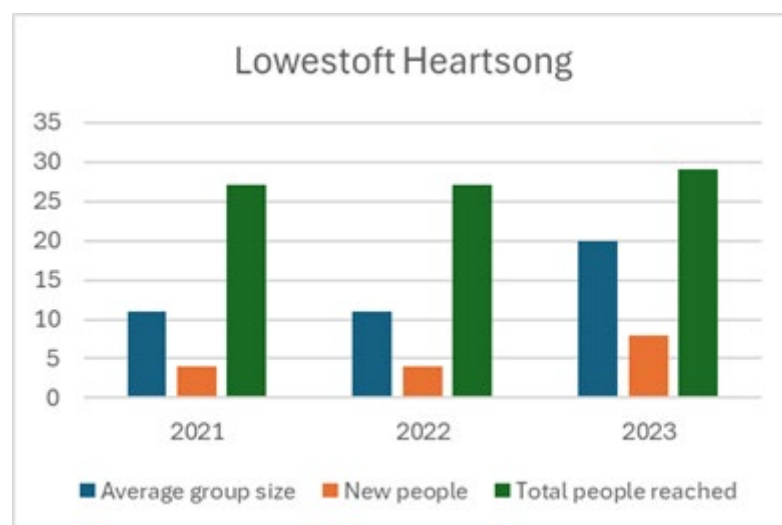


# Music in Our Bones



With a new day of the week and time of day since the pandemic, this group has been slow to grow but is now clearly doing so. Contact with the local social prescribing team has been very positive and led to several referrals supporting people with serious anxiety issues. All have been welcomed into the group and seem to be settling well. Joining Bury Musical memories for an end of term fundraising sing has also been enjoyed by the group.

- **Lowestoft HeartSong** run by Helen Rolfe and Tracy Sharp once monthly  
Location- St Marks Church Hall  
Sessions run: 10  
Individuals reached : 29 (27 in 2021)  
Average group size : 20 (14 in 2022)  
New to the group : 8 ( 4 in 2022)

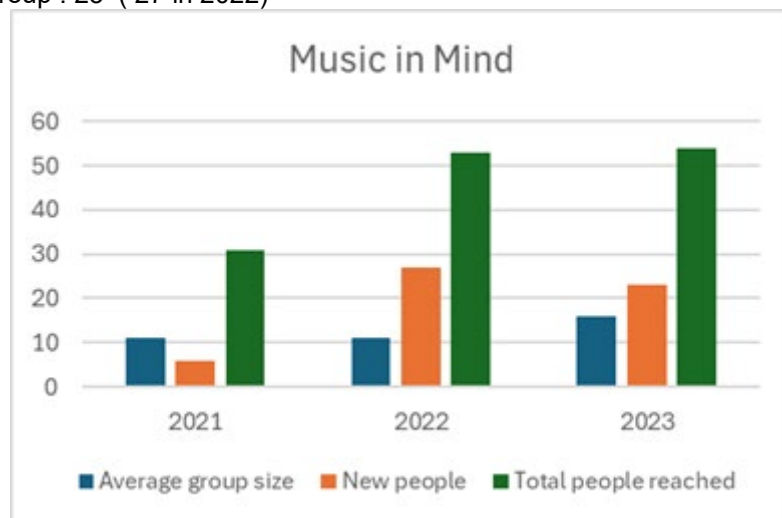


# Music in Our Bones



This group is really flourishing, its members being hugely supported by a once monthly call from Helen Rolfe. Our links with other organisations are improving in the area but it has been mainly word of mouth that has led to newcomers joining us, some with caring roles with and without the person they are caring for. Once again, the group's commitment to the future was shown in their very generous support of an end of year fundraiser. Plants were spilling from the door and much home baking enjoyed! People's support of one another in between sessions is very apparent with members suggesting other groups and activities to each other and being very aware of support needed during stressful times. Some members of the group regularly collect up members who are without transport as another generous act.

- **Music In Mind** run by Fran Flower, Jennie Fisk, Ian Heywood and Tracy Sharp and Rachel Parsons.  
Location- Ipswich Quaker Meeting House  
Sessions run: 19  
Individuals reached : 49 ( 53 in 2021)  
Average group size : 16 ( 11 in 2022)  
New to the group : 23 ( 27 in 2022)



# Music in Our Bones



Music In Mind has slowly grown this year, more than half of its members getting very involved in our fundraising, flash mob and carol singing events. The group continues to be hugely open and welcoming. People attending are managing a wide range of tough issues, some mental health ones such as depression and being bi-polar, some due to autism, anxiety and panic attacks, some long term physical issues such as Parkinsons, stroke survival and sight and hearing impairment. Our average group is always around 20 now and its members are very interested in supporting each other in and out of the sessions themselves. Here is some of this year's feedback:

' I always try to attend irrespective of mood as I know it will do me good. It has given me some stability when my world was very fragile'

'It helps me live in the moment and connect to other people. I feel less anxious and happier afterwards.'

'I've needed to come to pull through the bad times when it feels you were walking through treacle with no ending'

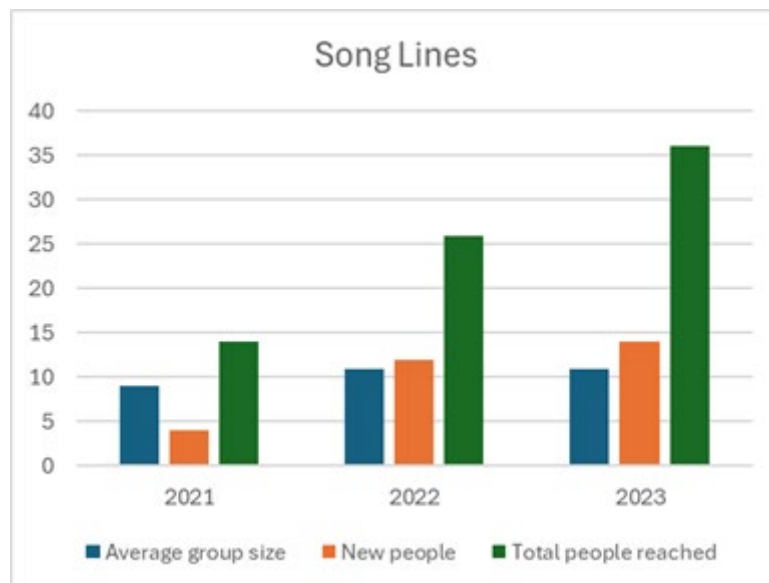
One young man, a newcomer to the group who manages life with moderate learning difficulties and autism always attends with his support worker. We were delighted when after various conversations he said he would like to sing for the group. It was a beautiful moment as he sang along to a track on his phone, everyone listening attentively and clapping madly as he finished. His smile and sense of achievement were palpable! It felt like a real sign of how safe he now feels with us and how supportive the group has become once more.

And our fundraising 'Afternoon of song' was attended by probably half the group who joined our audience of 85 singing along as part of the performance. One Family Carer in our group ( who visits his wife with dementia in a nursing home daily but who lives alone ) managed a wonderful plant stall that raised over £100. This sort of commitment from participants is another very moving tribute to the importance of the group in people's lives.

- **Songlines** run by Mark Coburn and Tracy Sharp fortnightly with a team of 4 excellent volunteers  
Location- Rushmere Village Hall  
Sessions run: 20

# Music in Our Bones

Individuals reached : 35 ( 26 in 2022)  
Average group size : 11 ( 11 in 2022)  
New to the group : 14 ( 12 in 2022)



Songlines has had a positive year, its core attendees slowly growing, despite the sad loss of a couple of longstanding singers with us. Links with volunteer led stroke groups locally, and with a new stroke worker have helped us to 'find' new people several of whom have very serious aphasia. Watching people unable to speak liberated when they sing is at the heart of the joy of this group. As is seeing the inspirational support that people further on in their stroke recovery offer to each other.

A case study! Jack ( to preserve anonymity )

Jack had been a semi professional country singer before his stroke but after it, found that despite retaining most of his speech, his fine motor control and ability to strum and remember chord shapes had vanished. This was clearly a huge sorrow to him and with amazing resourcefulness he set about rewiring his brain by devoting hours to teaching himself to play the ukelele from scratch. Initially he worked for hours to even reattach his stroke damaged hand to strum, then he moved on to trying to remember chord shapes by literally practising for hours as the memory would initially vanish whilst going to get a cuppa from the kitchen. It's hard to imagine the frustration he had to manage and the level of determination he needed to find in order to keep going despite seeming failure.

Being able to talk about the issues he was facing with our singing leaders Mark ( a ukulele player) was helpful, as was being encouraged to consider leading the group with a song with some support from a singing leader. A home visit was all that was needed to enable him to realise it was all possible.

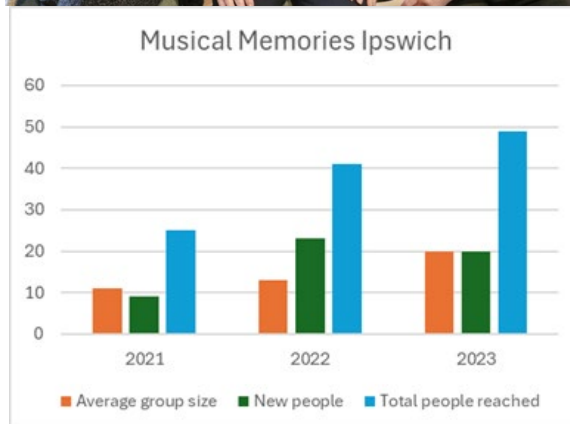
Songlines were full of admiration and applause as Jack shared his first ( of many!) songs with them. He has quickly refound his audience rapport and is a delightful sharer of songs (often funny ones we've not heard before!)

Showcasing this inspirational progress and talent seemed important, and the chance came to do just this with the request for a singing taster from Great Barton Second chance stroke support group, a large club with over 30 members. Jack came along with a singing leader and firstly told his story to a very interested audience, and on a return visit later that year he led the whole group in song to huge applause and congratulations. An inspiration indeed to us all! Here he is relaxed and in action! And alongside him, a group member beside one of her hand grown sunflower plants. She had given every member of the group a sunflower plant she'd grown to plant at home on over the summer and share its height. She beat us all hands down!! These small acts of kindness reveal just how valued our singers are to each other. Singing life lines!

# Music in Our Bones



- **Musical Memories Ipswich** run by Mark Coburn and Tracy Sharp fortnightly with a team of 7 excellent volunteers  
Location- Rushmere Village Hall)  
Sessions run: 20  
Individuals reached : 49 ( 41 in 2022)  
Average group size : 20 ( 13 in 2022)  
New to the group : 20 ( 23 in 2022)



Musical Memories in Ipswich has grown hugely this year becoming a very lively exuberant group who create a wonderful sound together and are always up for both laughter and a bit of a fun on the dance

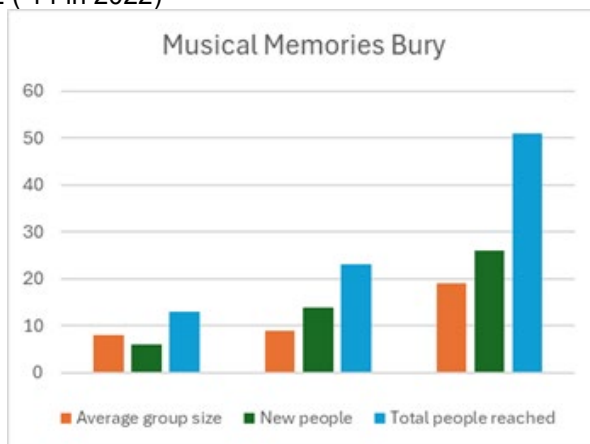
# Music in Our Bones

floor. Outreach sings and our links in the group with Memory Lane Cafe has probably been key to this development. Family members as well as sometimes support workers sing side by side with people living with memory loss. The songs, as we all know, and for well researched reasons allow us all to always access the lyrics and melodies we've always loved. Seeing withdrawn individuals, often arriving looking worried and tense, relax and visible soften and contribute to our singing is a huge joy for partners, adult children volunteers and singing leaders alike.

Whole families sometimes attend with 'mum' or 'dad' sharing precious and joy filled times in what is sadly often the last few years of someone's life. This lovely woman used to say to her family that she was worried she'd not practised enough for 'choir' and sometimes she'd proudly sing us 'When you're smiling' in a wonderfully gentle yet determined voice having been in a performing choir as a younger woman. She and a couple of other vital and wonderfully charismatic members of the group are much missed.



- **Musical Memories Bury** run by Mark Coburn and Tracy Sharp with 3 excellent volunteers  
Location- Moreton Hall Community Centre  
Sessions run : 19  
Individuals reached : 46 ( 23 in 2022)  
Average group size : 19 (10 in 2022)  
New to the group: 32 ( 14 in 2022)



A group that was very hard post pandemic to establish has grown in an extraordinary way this year. It is now regularly 25 strong and growing! As we don't have a stroke survivors group in Bury we have opened out our remit and encourage anyone with a memory loss or with a neurological issue to join us. The group currently only has one man with Parkinsons but this may change as 2024 progresses.

A Family Carers words perhaps best sum up what it is felt is on offer in Bury Musical Memories:

*We look forward to it. Mum remembers that she enjoys it and wants to come...she worries about what she should wear and talks about how special it is to her.*

# Music in Our Bones

*I come because it's so lovely, so unusual to find myself singing for the fun of it with other people. I love the trick of how singing with others can make your own voice appear better more confident, stronger than it is. I love hearing other people's voices, there are some glorious voices in the room. Surprising. It makes me wonder about their histories and talents. It makes me more respectful. I love the contribution of the man without a voice who claps ( inappropriately in terms of the rhythm) but asserting how much this moment means to him and that he is happy to be there. I feel the personal effort of the people who come because this experience transcends some very real personal pain and misery, (maybe a sense of failure) it requires real effort and together we achieve. Courage is encouraging. I am so sad and often feel hopeless that Mum has lost so much. That she is now what she has always feared – an old lady in a Care Home slowly losing her mind. I want her to feel joy and connection in her life. When we walk into the room, sit down and start singing with all those other lovely, struggling, welcoming people who fill the place with such wonderful noise, the difficulty falls away, we are all ourselves and together in the world, connecting with joy and love.'*



## **ON-LINE SINGING 2023**

- Singing for the Brain ( now renamed Musical Memories Zooms as they are not just attracting people with memory loss)

Sessions run: 19

Individuals reached : 26 ( 60 in 2022)

Average group size : 9 ( 12 in 2022)

Newcomers: 24 (28 in 2022)

Mark Coburn, Jill Jennings and Tracy Sharp have continued to run this group fortnightly, finding and sharing favourite popular songs, celebrating the seasons and people's birthdays along the way as well as teaching songs that are easily taught.

Whilst zooms have become less popular now most people can join us in 'real life', these sessions seem important to Family Carers and their partners living with dementia, and to wheelchair users who are at home often alone during the day and so who welcome a community of people to meet and sing with. Sometimes people have joined us during spells recovering from illness, one woman whilst her broken ankle was imprisoning her, those at home with Long Covid as well as those people who are feeling agoraphobic after the pandemic and otherwise socially isolated. The liberation of being able to sing out without being heard is also valued by some!. Simply being cheered and lifted by the company of others, for those caring for someone no longer able to communicate due to dementia, is a vital life line helping navigate difficult days in the winter especially.

*'To be frank, these zoom sings, though second best to live singing have the effect of bringing things into life that is without it, mundane. Gives a time to be ready to see familiar faces, like minded people who find such joy in singing.'*

# Music in Our Bones

*Life , caring for my woman, my life partner, lost in dementia is sad, any opportunity to extend my voice lifts my spirits in ways unimaginable. It is a personal, one on one life. Lonely, frustrating, but then there is the chance to sing. Keep it going, please! My life, so damaged. Only now have I found, good people I can trust.'*

-Husband caring for his wife with MS and dementia without any external support.

*' It's a chance to sing with others without the need to travel, which is great in very hot or very cold weather.'*

*' Group sessions on zoom have been very convenient, if mum was unable to go out. We could just join in when we were ready without disturbing anyone and if she needed, for example, to slip off to the bathroom it wasn't a big deal. Singing from her own home was special time for mum as it was her and me singing together ,it didn't matter if we went wrong, no one could hear us. We always felt more cheerful and energised after singing - in fact we sometimes carried on singing afterwards when it was just the two of us. '*

-Daughter caring for her mother with dementia.

Two sessions were attended by a total of 9 patients and three staff members on the acute psychiatric wards at Ipswich Hospital. This is a development we have spent time developing with zoom meetings and one which we hope might include care homes in the future.

*'We had a great time yesterday! Thanks for letting us join. We had four service users who sang along to every song with myself and our Assistant Psychologist. It worked well our end having it on the screen in the day area.'*

- **Songflight**

Songflight an online singing project run by Jennie Fisk and Tracy Sharp. Meeting monthly, using zoom.

Sessions run: 11

Individuals reached : 12 ( 40 in 2022 )

Average group size : 5 ( 11 in 2022)

New to group: 5 (24 in 2022)

We have decided to close this once monthly group offering breath work, and led meditation and gentle song to calm anxiety and help to 'ground' ourselves. The sessions were really valued by a small group of people living alone, those with COPD, Long Covid as well as those trying to manage high levels of anxiety post covid. However, its once monthly nature, very low numbers, and the fact everyone in the group was also able to access our fortnightly zoom sings ( now renamed Musical Memories zooms as they are not just for people managing memory loss ) led to our decision to close the group at the end of the year.

Using feedback from our Songflight enthusiast though we are developing an emailed version of the group which we'll schedule to go out monthly and which can be used at any point, with access possible via our website whenever it's convenient.

As this suggests.

*Thank you so much for today's zoom Sing! I enjoyed every second, every minute, and the whole hour, and I feel so much better for it too. Much more relaxed and uplifted. Lovely seeing, chatting, laughing and singing with my lovely Sing friends. ( Family Carer visiting her husband daily in acute care in hospital shortly before he died in face )*

the sessions were valuable to those who did attend and we hope that this reincarnation may prove helpful to people reminding them of the value of quiet reflective time and gentle song. Being encouraged to try via links to recording we have made, with known voices, may be helpful to many especially as the links can be accessed whenever convenient and used if enjoyed as part of a regular practice.

# Music in Our Bones

## 1. Outreach

### Inside Out

We resumed our face to face termly sings with Inside Out and offered an extra sing as part of their 20 year birthday party in the summer. Our sings are proving popular 12+ attending our sings. The change in people from their arrival when they are often withdrawn and very tense and anxious to their departure is always extraordinary, people's posture opening, their faces relaxing, smiles and laughter suddenly being present in the room, their bodies starting to move and sway with the songs. The sessions require real reflection and thought about why we offer what we offer, a personal engagement with everyone in the room and important personal openness about our own motivation for singing. The discussion ending each session reveals important feedback about the power of breath work and shared song to release people from their low mood and frequent sense of alienation, replacing these feelings with a much more relaxed, open and emotionally connected sense of self as well as lifted mood.

Sufficient trust was established after a couple of outreach sings for one member of Inside Out to recently join Music In Mind. He has become a much valued member of the group attending all our flash mob and fundraisers, the social side of the group clearly being extremely helpful in his mental health recovery.

### International Womens Group – Suffolk Refugee Support

Our connections with Suffolk Refugee Support with zooms and CDs during the pandemic with interested women had clearly developed trust as we moved forward. As the International Women's group is attended by women whose lives are in flux however it always feels as if we are largely having to 'start again' when we begin series of outreach sings. School holidays, Ramadan and two Eid festivals, as well as summer trips away with the group also led to our sessions being rather sporadic this year.

That said, what has been apparent is that we are successfully developing important relationships of trust with the women who choose to stay behind after their language session on a Wednesday morning. We sing and share food as this is over lunchtime. This often leads to great conversations about food and cooking much laughter.

We are singing with mainly Kurdish, Albanian Kosovan and Afghan women being occasionally joined by a couple of women from Guinea-Bissou and from Palestine and Pakistan. Our friends from Bangladesh now meet in another Wednesday morning group. Some women have very little English, others are quite confident English speakers.

Jill Jennings and Tracy are leading this project now with Fran, Penny, Rosemary and Tricia supporting as volunteers. We felt a real breakthrough in terms of trust was apparent when one Kurdish woman brought in food for us to share and when we started to be able to share songs that these women have in common. Using a speaker blue toothed to You tube on a mobile to 'find' songs known by these different cultural groups is proving really helpful and allows people to sing along with confidence as sharing a song as a solo is daunting in a very culturally mixed group. One Albanian song is being taught to the group by Kosovan and Albanian women. Progress is slow but sure and we are learning all the time about how best to communicate.

### Partnership work

Our main promotion has been via our professionals briefings which have proved very successful now reaching 206 professionals half termly.

This development has encouraged social prescribers and other professionals to get in touch and make referrals. It is a reminder of our offer to those who already know us.

Our other partnership work this year has been with Suffolk Family Carers strengthening our understanding of all that is on offer for Family Carers and encouraging Suffolk Family Carers to refer

# Music in Our Bones

people to us. A Carers Grant has enabled time and energy to be put into planning a series of information sessions to achieve just this.

## **2. Minimising covid/lung infection risks for groups**

Minimising risks we now

1. Enjoy larger singing spaces
2. Try to ensure good air flow in these
3. Ask our singers to avoid our sings if they have a cold, sore throat, unexplained cough or headache or feel 'off' or coldy.
4. Ensure that singing leaders still test for covid once weekly ( or before a once monthly sing )

## **Our own fundraising success 2023**

1. A Fundraising campaign was devised with the involvement of 15 singers and launched in February 2023 aiming to raise £10 000 from group donations alongside a series of singing events we hoped our singers would enjoy with table top sales they could support with produce and 'staffing'!

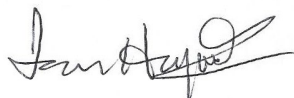
This was tremendously well supported by all our groups and raised a staggering £17 000.

In addition thanks to the campaign, we had 2 unexpected and huge one off donations from a former High Sheriff and a London based charity that was closing down and felt we met their criteria. This brought another £15 000 to our charity.

We hope to develop these fundraising ideas in the year to come, learning from what worked and what lessons need to be learnt. Being able to create more than a third of our income this way makes for a much more stable and sustainable future for us, and makes less dependent on external grants which are becoming more difficult to secure successfully.

Approved by trustees at AGM **15 May 2024**

Signature :



Ian Heywood Chair

# Music in Our Bones

## Independent Examiner's Report

I report on the accounts of Music in Our Bones for the year ended 31st December 2023 which are set out on pages twenty-one to twenty-seven.

### Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

### Basis of independent examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the view given by the accounts.

### Independent examiner's statement

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of:



Community360  
Winsley's House, High Street,  
Colchester, Essex, CO1 1UG

Date:  
20/09/2024

# Music in Our Bones

## Income and Expenditure account for the year ended 31 December 2023

	2023			2022
	£			£
	Unrestricted	Restricted	Total	Total
Grants		41,328	41,328	20,382
Donations	3,530	1,071	4,601	7,982
Workshop Donations	13,619		13,619	8,317
<b>Total income</b>	<b>17,149</b>	<b>42,398</b>	<b>59,548</b>	<b>36,681</b>
Expenses				
Tutor fees	(4,679)	(30,823)	(35,502)	(23,700)
Venue Hire	(1,168)	(3,279)	(4,447)	(3,256)
Project Management	(1,304)	(5,745)	(7,049)	(10,138)
Insurance	(171)	0	(171)	(118)
Fund raising	0	0	0	0
Publicity	0	(80)	(80)	0
Meetings	0	(372)	(372)	0
Volunteer Expenses	(541)	(621)	(1,162)	(642)
Planning	0	(414)	(414)	0
Governance	(369)	(65)	(434)	(1,396)
Training and development				(479)
Black writers Project				(250)
online equipment				(1,485)
<b>Total expenses</b>	<b>(8,232)</b>	<b>(41,399)</b>	<b>(49,631)</b>	<b>(41,464)</b>
	8,917	999	9,917	(4,783)
<b>Reserves Brought Forward</b>	17,619	20,597	38,216	42,999
<b>Income / (deficit) from above</b>	8,917	999	9,916	(4,783)
<b>Transfer between reserves</b>	(225)	225	0	0
<b>Reserves Carried Forward</b>	<b>26,311</b>	<b>21,821</b>	<b>48,132</b>	<b>38,216</b>

# Music in Our Bones

<b>Balance sheet</b>	<b>Note</b>	<b>2023</b>	<b>2022</b>
<b>As at 31 December 2023</b>		£	£
<b>Current Assets</b>			
Current Account		48,436	38,750
Deposit account		6	6
		<hr/>	<hr/>
		48,442	38,756
<b>Current Liabilities</b>			
Accruals		(310)	(540)
		<hr/>	<hr/>
		(310)	(540)
<b>Net Assets</b>			
		<hr/>	<hr/>
		48,132	38,216
<b>Represented by</b>			
Restricted Reserves	2	21,821	20,597
Unrestricted Reserves	2	26,311	17,619
		<hr/>	<hr/>
		48,132	38,216
		<hr/>	<hr/>

The financial statements were approved by the Board of Trustees and authorised for issue.

Signed on behalf of the Board



Ian Heywood Chair

Date 15 May 2024

# Music in Our Bones

Notes forming part of the financial statements for the year ended 31 December 2023

## **1.1 Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, and with the Charities Act 2011.

## **1.2 Change of accounting policy**

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2

## **1.3 Accounting estimates**

There have been no accounting estimates made in either of the two years reported in this document.

## **1.4 Material prior year errors**

There are no material errors in the prior year's accounts.

## **2 Accounting policies**

### **2.1 Income**

#### **A) Recognition of income**

Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the resources and the monetary value can be measured with sufficient reliability.

#### **B) Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses.

#### **C) Grants & donations**

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

#### **D) Government grants**

The charity has received no government grants in the reporting period.

#### **E) Tax reclaims on donations and gifts.**

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

#### **F) Donated goods.**

There have been no donated goods in the period.

#### **G) Interest Income.**

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

# Music in Our Bones

## 2.2 Expenditure and Liabilities

### A) Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

### B) Governance cost.

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice

### C) Grants with performance conditions

There were none in the year or the previous year

### D) Grants payable without performance conditions

There were none in the year or the previous year.

### E) Employees

There were no employees during the year or prior year. All work is undertaken by self employed people.

### F) Deferred income

There was no deferred income in the current or previous year.

### G) Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

### H) Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date. No provisions for liabilities has been included in the accounts for the current or previous year.

### I) Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

## 2.3 Assets

### A) Fixed Assets

There are no fixed assets.

### B) Current asset investments

These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

# Music in Our Bones

## **C) Debtors**

There were no debtors in the current or previous year.

## **3, Payments to Trustees**

During the year the following trustees received payment for their work as singing leaders. Ian Heywood £2,050 (£415 2022), Fran Flower £1,595 (£ Nil 2022)

# Music in Our Bones

## Movement in Reserves as at 31 December 2023

2023	£	£	£	£	£
Activity	Brought forward	Income	Expenses	Write offs	Closing balance
<b>Restricted</b>					
Ulrike Read Legacy	1,000	0	(627)	0	373
Awards For all Dec 2022	1,730	0	(1,870)	140	0
Awards for all April 2024	0	9,998	(8,306)	0	1,692
Ellie's Fund Nov 22	1,550	0	(1,550)	0	0
Tudwick Foundation Feb 24	83	3,000	(3,083)	0	0
David Munday Legacy	1,000	0	(1,000)	0	0
Maurken fund	0	500	(500)	0	0
Songlines Ipswich	614	0	(614)	0	0
Evdemonia April 23-Mar 24	0	862	(862)	0	0
East Suffolk CC for Low Heartsong	0	1,600	(880)	0	720
Suffolk and Essex Water Lowestoft	135	0	(135)	0	0
Sandy Martin May 22	380	380	(762)	2	0
Arts & Culture Fund May 22-Apr 23	1,015	0	(1,015)	0	0
Geoffrey & Nella Probert Jan 23	5,000	0	(4,669)	0	331
E&J Legacy Langlands Trust Jan 24	0	4,000	(3,840)	0	160
Heartsong – E Suff Council L'Stoft	0	0	0	0	0
Songrise	835	599	(208)	0	1,226
Age Unlimited	0	10,000	(334)	0	9,666
Cranes Fund CFWF	0	5,988	(5,969)	0	19
Thomas Wolsey 550 Nov 23	0	472	(472)	0	0
Suffolk Carers June 23 to May 24	0	5,000	(1,397)	0	3,603
Project Development – Working Together	4,031	0	0	0	4,031
Project Management Henry Smith April 22-Mar23	3,209	0	(3,209)	0	0
Other restricted projects	15	0	(98)	83	(0)
<b>Total restricted</b>	<b>20,597</b>	<b>42,399</b>	<b>(41,400)</b>	<b>225</b>	<b>21,821</b>
<b>Unrestricted</b>	<b>17,619</b>	<b>17,149</b>	<b>(8,232)</b>	<b>(225)</b>	<b>26,311</b>
<b>Total Reserves</b>	<b>38,216</b>	<b>59,548</b>	<b>(49,632)</b>	<b>0</b>	<b>48,132</b>

# Music in Our Bones

2022

	£	£	£	£	£
<b>Activity</b>	<b>Brought forward</b>	<b>Income</b>	<b>Expenses</b>	<b>Write offs</b>	<b>Closing balance</b>
<b>Restricted</b>					
Ulrike Read Legacy		1,000			1,000
Awards For all Dec 2022	6,812		(5,082)		1,730
Awards for all April 2024					0
Ellie's Fund Nov 22		2,000	(450)		1,550
Tudwick Foundation Feb 24		3,000	(2,917)		83
David Munday Legacy		1,000			1,000
Maurken fund					0
Songlines Ipswich	1,979	5	(1,370)		614
Evdemonia April 23-Mar 24					0
East Suffolk CC for Low Heartsong					0
Suffolk and Essex Water Lowestoft	1,165		(1,030)		135
Sandy Martin May 22		760	(380)		380
Arts & Culture Fund May 22-Apr 23		1,545	(530)		1,015
Geoffrey & Nella Probert Jan 23			5,000		5,000
E&J Legacy Langlands Trust Jan 24					0
Heartsong – E Suff Council L'Stoft					0
Songrise	313	977	(455)		835
Age Unlimited					0
Cranes Fund CFWF					0
Thomas Wolsey 550 Nov 23					0
Suffolk Carers June 23 to May 24					0
Project Development – Working Together	4,150		(119)		4,031
Project Management Henry Smith April 22-Mar23	3,347	10,000	(10,138)		3,209
Other restricted projects	12,183	3,077	(15,245)		15
<b>Total restricted</b>	<b>29,949</b>	<b>23,364</b>	<b>(32,716)</b>	<b>0</b>	<b>20,597</b>
<b>Unrestricted</b>	<b>13,049</b>	<b>8,317</b>	<b>(3,746)</b>		<b>17,619</b>
<b>Total Reserves</b>	<b>42,998</b>	<b>31,681</b>	<b>(36,462)</b>	<b>0</b>	<b>38,216</b>

**MUSIC IN OUR BONES**

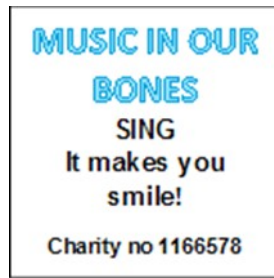
England & Wales - Charity number 1166578

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# Accounts

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Music In Our Bones  
1<sup>st</sup> January 2022 to 31<sup>st</sup>  
Reference and



Trustees Annual Report  
December 2022  
administration details

**Charity Name and Registered Charity Number :** Music In Our Bones 1166578

**Charity's principle address and contact:** Tracy Sharp 203 Ranelagh Road, Ipswich IP2 0AH

**Names of Charity Trustees who manage the charity:**

Ian Heywood ( Chairperson, cheque signatory, Health and Safety officer )  
Elizabeth Gerrie ( Secretary, cheque signatory )  
Florence Richmond ( Treasurer )  
Ian Flower ( Trustee )  
Fran Flower ( Trustee )  
Oliver Knowland ( Trustee )  
Pamela Wagstaff ( Compliments and Complaints officer )  
Allan Williams ( Trustee )  
Judith Goldsmith ( Safeguarding Officer )  
Adrian Stannard-Smith ( Trustee )

**Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO) with a foundation model constitution
2. If a new trustee is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge.  
Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point.  
Access to Community Action Suffolk's Trustee training is offered if needed.
3. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.
4. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Judith Goldsmith is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Florence Richmond, a practising accountant, checks all financial management issues and provides interim management reports at each meeting. Adrian Stannard-Smith manages all the charity's cash handling, recording and banking on a voluntary basis.
5. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.
6. Music In Our Bones accounts are independently inspected by Accountants John Phillips and Co Ltd, Unit 81, Centaur Court, Claydon Business Park, Great Blakenham. Ipswich IP6 0NL.

**Summary of the objects of the charity set out in its governing document**

**To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former**

experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

## **Summary of main activities undertaken for the public benefit in relation to those objects**

### Regular singing sessions 2022

156 singing sessions during the year created regular singing opportunities and the support that our singing communities offer to a total of 270 individuals. ( up from 173 in 2021) 49 of these were via zooms.

### Outreach singing 2022

We also supported 149 new singers via 7 outreach sings:

1. Inside Out Arts Community with 3 termly zoom sings for people in recovery from serious mental health distress and in-patient stays reaching a further 26 individuals
2. Suffolk Refugee Support's International Women's Group with a zoom sing with three of their groups reaching 12 individuals
3. Great Barton 'Second Chance' Stroke group reaching 28
4. Ipswich Memory Lane Café reaching 51
5. Felixstowe memory Lane café reaching 32

Total individuals benefitting from 163 singing sessions ( regular sessions plus outreach ) = 420

Total attendance = 1845 at regular groups, plus 159 outreach attendees

Total people trying new groups = 173 – 120 individuals new to Music In Our Bones and including 9 patients and 3 staff from the acute psychiatric Willows ward at Ipswich Hospital ( up from 40 in 2021 ). Our publicity is improving thanks to our admin support from Hebe Raval.

### Our new website

Our website <http://musicinourbones.com/>

and its gallery <http://musicinourbones.com/galleries/>

with research and feedback from our singers <http://musicinourbones.com/benefits-of-singing-2/>

and on-line singing sessions, a legacy from the pandemic <http://musicinourbones.com/music-videos/>

are all being enjoyed.

### **January to mid February 2022**

Due to a winter outbreak of the new Omicron covid virus, high levels of infection amongst our singing leaders and singers and an increased sense of anxiety about

meeting in larger social groups again, we decided not to reopen for face to face sessions until after half term. We replaced 'live' singing sessions during these 6 weeks with:

- 14 zooms
- a You Tube film accessed by 181 singers and using beautiful photos sent in by singers to encourage hope and consolation  
<https://www.youtube.com/watch?v=fGt-HtclQbl>
- And a CD ( sent out to 140+ singers )
- Our telephone support network continued to be hugely valued by those who were lonely, anxious, isolated or facing crises.

Mid –Feb to August

Groups started back face to face with our largest fortnightly groups still meeting half a group at a time.

## **ON-LINE SINGING 2022**

### **1. Singing for the Brain**

Mark Coburn, Jill Jennings and Tracy Sharp have continued to run this group fortnightly, finding and sharing favourite popular songs, celebrating the seasons and people's birthdays along the way as well as teaching songs that are easily taught.

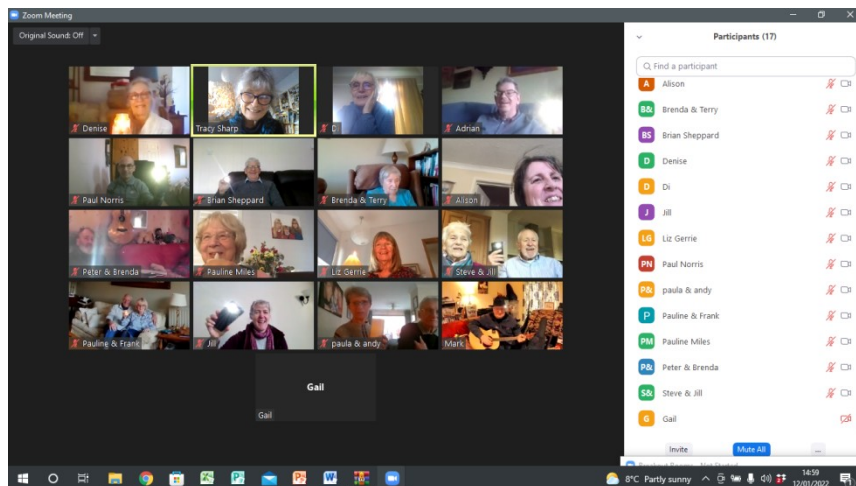
The sessions seem important to Family carers and their partners living with dementia, wheelchair users who are at home often alone during the day and so who welcome a community of people to meet and sing with. Sometimes people have joined us during spells recovering from illness, one woman whilst her broken ankle was imprisoning her those at home with Long Covid as well as those people who are feeling agoraphobic after the pandemic and otherwise socially isolated. The liberation of being able to sing out without being heard is also valued by some!. Simply being cheered and lifted by the company of others for those caring for someone no longer able to communicate due to dementia is a vital life line helping navigate difficult days in the winter especially.

'To be frank, these zoom sings, though second best to live singing have the effect of bringing things into life that is without it, mundane. Gives a time to be ready to see familiar faces, like minded people who find such joy in singing.

Life , caring for my woman, my life partner, lost in dementia is sad, any opportunity to extend my voice lifts my spirits in ways unimaginable. It is a personal, one on one life. Lonely, frustrating, but then there is the chance to sing. Keep it going, please! My life, so damaged. Only now have I found, good people I can trust.'  
Husband caring for his wife with MS and dementia without any external support.

' It's a chance to sing with others without the need to travel, which is great in very hot or very cold weather.'

‘ Group sessions on zoom have been very convenient, if mum was unable to go out. We could just join in when we were ready without disturbing anyone and if she needed, for example, to slip off to the bathroom it wasn't a big deal. Singing from her own home was special time for mum as it was her and me singing together ,it didn't matter if we went wrong, no one could hear us. We always felt more cheerful and energised after singing - in fact we sometimes carried on singing afterwards when it was just the two of us. ‘  
Daughter caring for her mother with dementia.



Two sessions were attended by a total of 9 patients and three staff members on the acute psychiatric wards at Ipswich Hospital

‘We had a great time yesterday! Thanks for letting us join. We had four service users who sang along to every song with myself and our Assistant Psychologist. It worked well our end having it on the screen in the day area.’

Sessions run: 19      Individuals reached : 60 ( 40 in 2021)  
Average group size : 12 ( 10 in 2021) Newcomers: 28 (12 in 2021)

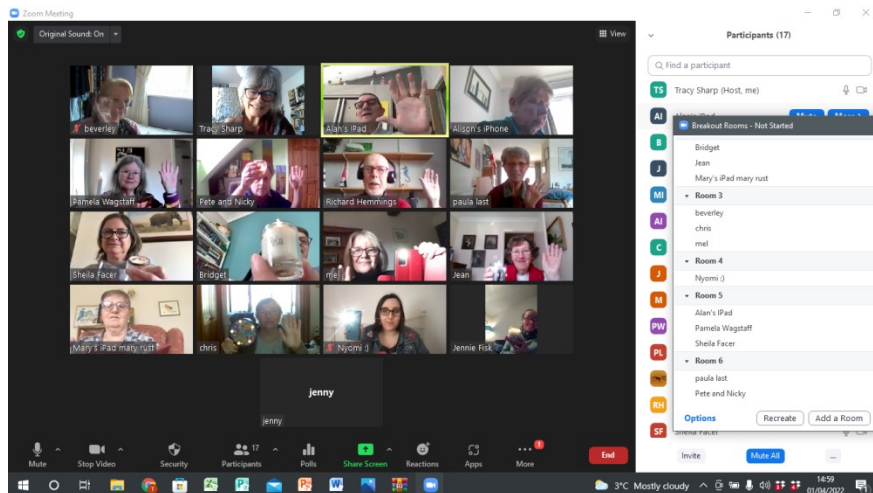
## 2. **Songflight**

Songflight is a singing project run by Jennie Fisk and Tracy Sharp. Meeting monthly, using zoom, we have been exploring the use of breath work, chanting and led meditation and sounding to calm anxiety and help to ‘ground’ ourselves. The sessions have been enjoyed by people living alone, those with COPD, Long Covid as well as those trying to manage high levels of anxiety post covid.

Freedom to sing out and explore the voice has also been valued by singers. Our 1-1 chat rooms also play their part in creating a safe space to simply ‘be’ for a while.

Having something to look forward to and the friendship of others is really treasured by those unable to get out independently

‘ Never let it stop! It really feels like people are there supporting you especially when you don't get out of the house. You are very special and your gift of song makes a big difference in peoples lives.’



Sessions run: 11. Individuals reached : 40 ( 18 in 2021 )  
 Average group size : 11 ( 12 in 2021) New to group: 24

## **OUR SINGING LEADER TEAM**

Jill Jennings has settled into the team offering valuable cover when needed as well as leading regular Singing for the brain zooms. Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Denise Steward and Tracy Sharp make up the rest of our very talented and hugely supportive singing leader team.

Fran stepped down from regular face to face singing leading in July but has been supporting us all both with cover and with mentoring sessions for Tracy in the management of the charity.

NEW SINGING LEADER JOINED TEAM - Rachel Parsons having spent a year supporting Music In Mind as a volunteer and gradually gaining confidence leading the group joined us formally as a paid singing leader in September. She has sadly had to cope with a major operation since then but we look forward to welcoming her back. Rachel brings with her a huge interest in singing and Kodaly method of music teaching. We have much to learn from her approach.

MENTORING – We are also excited to be mentoring Judith Goldsmith alongside Lifting Spirits. Judith is one of our trustees and is interested in developing her considerable life-long love of musical love and singing and becoming a singing leader.

## **VOLUNTEERS**

Our dedicated teams of volunteers with Musical Memories and Songlines have continue to offer astonishing support to others joining their groups throughout the year. One man is still telephoning a Family Carer who is very lonely and who no longer attends the group allowing him to regularly talk for a couple of hours weekly throughout the year. Many regularly travel to collect several singers on their way to their group offering all important lifts to those unable otherwise to escape the four walls of home.

### New volunteers

Lowestoft has a new volunteer to support our group now that we are moving back into a time when refreshments are possible. Sarah is also a wonderfully confident singer and so is able to 'hold' a part if needed which is great.

Joe has joined the Bury Heartsong alongside Chloe both informally support this newly re-emerging group.

Clare has joined Ipswich HeartSong as a volunteer bringing with her stacks of enthusiasm and singing confidence and Len supports Ipswich Musical Memories as a driver and melodeon player so our volunteer team is growing!

### **OUR GROUPS**

The following are details of how many individuals have returned to their face to face group

- **Lifting Spirits** run by Jennie Fisk Fran Flower and Tracy Sharp fortnightly ( Judith being mentored and Fran covering absence from September)  
Now moved to Castle Hill Primary School – a more spacious venue. The 2 smaller groups it had run in were reunited in September!  
Sessions run 20 ( with 2 zooms): Individuals reached : 40 ( 28 in 2021).  
Average group size : 17 ( 13 in 2021). New to the group : 13 ( 2 in 2021)
- **Ipswich HeartSong** run by Jennie Fisk and Tracy Sharp once monthly (now moved to Rushmere Village Hall - a more spacious venue )  
Sessions run: 11 ( with 2 zooms ) Individuals returned : 34 ( 22 in 2021)  
Average group size : 11 ( as in 2021) New to the group : 11 ( 4 in 2021)
- **Bury HeartSong** singers run by Denise Steward and Tracy Sharp once monthly ( now moved to the Bury Quaker meeting house with the changed time of Thursday mornings)  
Sessions run : 10 9 with 1 zoom ) Individuals reached : 30 ( 21 in 2021)  
Average group size : 7 though an average of 10 by the autumn term ( 9 in 2021) New to the group : 11 ( 5 in 2021)
- **Lowestoft HeartSong** run by Helen Rolfe and Tracy Sharp once monthly  
Sessions run: 10 Individuals reached : 27 ( same as 2021) Average group size : 14 (15 in 2021) New to the group : 4 ( same as 2021 )

- **Music In Mind** run by Fran Flower, Jennie Fisk, Ian Heywood and Tracy Sharp and Rachel Parsons. The two smaller Music In Mind groups moved to the Quaker Meeting House a more spacious venue with a garden for the better weather as one group in September.  
Sessions run: 19 Individuals reached : 53 ( 31 in 2021) Average group size : 11 ( as in 2021) New to the group : 27 ( 6 in 2021) 5 of these funder visitors from Suffolk Community Foundation
- **Songlines** run by Mark Coburn and Tracy Sharp fortnightly with a team of 4 excellent volunteers  
Sessions run: 17 ( 1 zoom ) Individuals reached : 26 ( 14 in 2021) Average group size : 11 ( 9 in 2021 ) New to the group : 12 ( 4 in 2021)
- **Musical Memories Ipswich** run by Mark Coburn and Tracy Sharp fortnightly with a team of 7 excellent volunteers ( now moved to Rushmere Village Hall)  
Sessions run 21. Individuals reached : 41 ( 25 in 2021) Average group size : 13 ( 11 in 2021) New to the group : 23 - 4 of these Suffolk Community Foundation visitors ( 9 in 2021)
- **Musical Memories Bury** new group run by Mark Coburn and Tracy Sharp with 3 excellent volunteers in the spacious Moreton Hall Community Centre  
Sessions run 18 Individuals reached : 23 ( 13 in 2021) Average group size : 8 as in 2021 though autumn term has averaged 10 and the groups core is growing. New to the group: 14 ( 6 in 2021)

## **1. Outreach**

### **Inside Out**

We offered one zoom sing in February and then resumed our face to face termly sings with Inside Out which are proving to be increasingly popular 12- 16 attending our last sings.

### **International Womens Group – Suffolk Refugee Support**

One zoom song briefly offering a song to all three zoom study groups was offered this Sp[ring by Fran and Tracy to the International Womens group still choosing zoom. More recently further development has proved impossible as both the staff refugee situation has sadly been changing so swiftly. Plans for next Spring are in place thanks to the work we continued to offer during the pandemic that has meant we are seen as trusted partners with something valuable to offer. Fran will support this project alongside Tracy.

### **Partnership work**

The development of a half termly briefing for professionals has advertised our groups very effectively this year. Contacts have been made with social prescribers keen to visit with 'patients' they are working with and valuable contacts with the new dementia service now run by the Alzheimers Society has been made, workers visiting Musical Memories in Bury.

Since September new referrals are being made family members, people themselves who have seen fliers and by professionals. We will be back to needing waiting lists before too long perhaps. Fortunately we now have zoom to offer should this ever happen whilst people wait.

## **2. Making difficult decisions to minimise covid risks for groups**

We halved the group size of our two biggest groups Music In Mind and Lifting Spirits by offering monthly sessions to two groups. Those with most need of the group due to living with cancer, managing more severe mental health recovery from psychiatric stays during the pandemic, in recovery from a brain injury or those especially lonely and isolated were offered spaces in both fortnightly sessions. From September both groups started back as single groups meeting fortnightly. Lifting Spirits now regularly sings with 20 women but Music In Mind with its more elderly and mentally fragile members is proving slower to return to its pre-pandemic numbers.

## **3. New Musical Memories and Heartsong groups in Bury St Edmunds.**

Outreach sings and very concentrated advertising via email ( plus Denise and Tracy leaving fliers in every possible location in the town centre ) has helped grow both groups and find new 'core' members who clearly love what is on offer.

## **4. Coping with grief and loss**

Unsurprisingly, this has continued to play an important part of our work during the year. A few of our long established singers have died and others have needed to move into nursing care and are no longer able to join us. Encouraging the support of our singing communities at these difficult times has hopefully helped individuals and families cope with these losses in different ways:

- through phone and post contact sending cards from people's group
- signposting so that Family Carers avoid reaching crisis point and can plan necessary changes to care.
- Responding to family requests to honour the significance of singing with us in the lives of their loved ones : another much beloved Lifting Spirits singer became terminally ill this year, we supported her via zooms from the hospice and by sending her recordings from the groups of evenings she had missed. Jennie Fran and I were honoured to be asked by her to support two close friends in singing with her at three visits to her bedside during her last days. She chose a recording of the group singing to be played at her funeral which we attended and made a large donation to us in her will.
- Responding sensitively to the Queens death and all that her loss signified for our older singers in particular has also been important this year.

## **Some successes this year**

1. Most of our groups have been supported by grants throughout the year. Latterly due to the cost of living crisis bids have been unsuccessful due to the level of need we 'compete' with.

2. A Fundraising campaign has been devised with the involvement of 15 singers to be ;launched in February 2023 alongside plans to apply for larger longer term funding.
3. Trustees and our singing leader team have met regularly to maximise our energy, and to ensure we are all happy with the covid related changes we have needed to make throughout the year.
4. Zoom has helped us reengage with singers no longer able to get out. However a few of our most anxious singers have not returned. Lives move on and new patterns are established. Good promotion continues to play a vital part in reaching out to new potential singers.
5. .Both Bury groups which have been very hard to establish are showing very positive signs of development growing from an attendance of 4 to 10 on average.
6. Our two new and now regular zoom sessions are sustaining people who are especially isolated, new to us, or perhaps ill or simply in the need of additional sing and contact with a friendly community of singers.
7. Feedback from our singers has continued to be strong and heartfelt over this difficult year of continued change. It always reveals that feeling part of one of our singing communities allows people, otherwise isolated by illness and disability and often lonely, to experience a meaningful sense of acceptance, connection and purpose that they find rare in life. .
8. Peer support within groups and volunteer singing support alongside us has been vital to maximise our impact as a charity, as outlined, our volunteers have been vitally important in maintaining our communities sense of togetherness.
9. Long and short-term benefits of singing with others has been captured from our singers frequent and positive feedback. We aim in the year ahead, now that groups are beginning to return, to focus on researching singing's benefits alongside our group members, encouraging them to have a growing understanding of what singing offers them and what they offer others in the singing.

Agreed by trustees at AGM May 10<sup>th</sup> 2023

Signature.....Date.....

Ian Heywood Chair

Signature.....Date.....

Adrain Stannard-Smith ( Trustee )

# MUSIC IN OUR BONES

## Income & Expenditure

	Year to 31st December 2022			Year to 31st December 2021		
	Restricted Funds	Unrestricted Funds	Total	Restricted Funds	Unrestricted Funds	Total
<b>Income</b>						
Funding from Other Charities	£26,363		<b>£26,363</b>	£47,471		<b>£47,471</b>
Voluntary Donations		£10,317	<b>£10,317</b>		£5,603	<b>£5,603</b>
<b>Total Income</b>	<b>£26,363</b>	<b>£10,317</b>	<b>£36,680</b>	<b>£47,471</b>	<b>£5,603</b>	<b>£53,075</b>
<b>Expenditure</b>						
Costs of Running Workshops	£37,937	£2,395	<b>£40,332</b>	£33,718	£2,862	<b>£36,581</b>
Governance & Development		£1,130	<b>£1,130</b>		£2,246	<b>£2,246</b>
<b>Total Expenditure</b>	<b>£37,937</b>	<b>£3,526</b>	<b>£41,463</b>	<b>£33,718</b>	<b>£5,109</b>	<b>£38,828</b>
<b>Surplus/(Deficit) for Year</b>	<b>(£11,574)</b>	<b>£6,790</b>	<b>(£4,783)</b>	<b>£13,752</b>	<b>£494</b>	<b>£14,247</b>

<b>Reserves</b>						
Brought Forward	£29,949	£13,048	£42,998	£16,196	£12,554	£28,751
Surplus/(Deficit) for Year	(£11,574)	£6,790	(£4,783)	£13,752	£494	£14,247
Carried Forward	£18,376	£19,839	£38,215	£29,949	£13,048	£42,998

<b>Represented by:</b>					
<b>Current Assets</b>					
Bank & Cash Balances			£38,755		£43,538
<b>Total Bank &amp; Cash Balances</b>			<b>£38,755</b>		<b>£43,538</b>
<b>Current Liabilities</b>					
Cost Accruals			£540		£540
<b>Total Liabilities</b>			<b>£540</b>		<b>£540</b>
<b>Net Current Assets</b>			<b>£38,215</b>		<b>£42,998</b>

**Report of the Trustees and  
Unaudited Financial Statements  
For The Year Ended 31st December 2022  
for  
Music In Our Bones**

**John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL**

# **Music In Our Bones**

## **Contents of the Financial Statements For The Year Ended 31st December 2022**

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	<b>Page</b>
<b>Report of the Trustees</b>	1
<b>Independent Examiner's Report</b>	2
<b>Statement of Financial Activities</b>	3
<b>Balance Sheet</b>	4
<b>Detailed Statement of Financial Activities</b>	5 to 6

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# Music In Our Bones

## Report of the Trustees For The Year Ended 31st December 2022

The trustees present their report with the financial statements of the charity for the year ended 31st December 2022. The trustees have adopted the provisions of 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) (effective 1 January 2019).

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Charity number

1166578

#### Principal address

203 Ranelagh Road  
Ipswich  
Suffolk  
IP2 0AH

#### Trustees

I Heywood  
Mrs E Gerrie  
I Flower  
O Knowland  
Mrs P Wagstaff  
A Williams  
Ms J Goldsmith  
A Stannard Smith  
Mrs F Flower (appointed 14/9/2022)

#### Independent Examiner

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Approved by order of the board of trustees on ..... 19/10/2023 ..... and signed on its behalf by:



IAN FLOWER

Trustee

**Independent Examiner's Report to the Trustees of  
Music In Our Bones**

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**Independent examiner's report to the trustees of Music In Our Bones**

I report to the charity trustees on my examination of the accounts of Music In Our Bones (the Trust) for the year ended 31st December 2022.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

John Phillips & Co Ltd

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL


Date: 23-10-23 .....

Music In Our Bones

Balance Sheet  
31st December 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank		17,987	20,762	38,749	43,531
<b>NET CURRENT ASSETS</b>		<u>17,987</u>	<u>20,762</u>	<u>38,749</u>	<u>43,531</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		17,987	20,762	38,749	43,531
<b>ACCRUALS AND DEFERRED INCOME</b>					
	7	(370)	(170)	(540)	(540)
<b>NET ASSETS</b>		<u>17,617</u>	<u>20,592</u>	<u>38,209</u>	<u>42,991</u>
<b>FUNDS</b>					
Unrestricted funds	8			17,617	13,045
Restricted funds				20,592	29,946
<b>TOTAL FUNDS</b>				<u>38,209</u>	<u>42,991</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 19/10/2023 and were signed on its behalf by:

  
Trustee

  
IAN FLOWER

The notes form part of these financial statements

**Music In Our Bones**

**Detailed Statement of Financial Activities  
For The Year Ended 31st December 2022**

	2022	2021
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	16,205	7,957
Grants	20,382	45,120
CD Sales	95	-
	36,682	53,077
<b>Total incoming resources</b>	<b>36,682</b>	<b>53,077</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Insurance	118	157
Postage and stationery	-	1,158
Publicity	-	70
DBS	96	-
	214	1,385
<b>Other trading activities</b>		
Tutor Fees- Workshops	23,700	22,066
Training- Workshops	479	150
Governance and Development	10,740	9,303
Venue Hire- Workshops	3,256	1,593
Volunteer- Workshops	642	460
Transport- Workshops	-	185
CD Production	-	2,663
Workshop-Leaders Meetings	-	40
Online Equipment	1,486	505
Black Writers Project	250	-
	40,553	36,965
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	480	480
Carried forward	480	480

This page does not form part of the statutory financial statements

## Music In Our Bones

### Detailed Statement of Financial Activities For The Year Ended 31st December 2022

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	2022	2021
	£	£
<b>Governance costs</b>		
Brought forward	<b>480</b>	480
Postage and stationery	<b>217</b>	-
	<u>697</u>	<u>480</u>
Total resources expended	<u>41,464</u>	<u>38,830</u>
<b>Net (expenditure)/income</b>	<u><b>(4,782)</b></u>	<u>14,247</u>

This page does not form part of the statutory financial statements

**MUSIC IN OUR BONES**

England & Wales - Charity number 1166578

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# Accounts

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## Music In Our Bones Trustees Annual Report

1<sup>st</sup> January 2021 to 31<sup>st</sup> December 2021

### Reference and administration details

**Charity Name and Registered Charity Number :** Music In Our Bones 1166578

**Charity's principle address and contact:** Tracy Sharp 203 Ranelagh Road, Ipswich IP2 0AH

### **Names of Charity Trustees who manage the charity:**

Ian Heywood ( Chairperson, cheque signatory, Health and Safety officer )

Elizabeth Gerrie ( Secretary, cheque signatory )

Ian Flower ( Treasurer )

Oliver Knowland

Pamela Wagstaff ( Compliments and Complaints officer )

Allan Williams

Judith Goldsmith ( Safeguarding Officer )

Adrian Stannard-Smith joined November 2020

### **Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO) with a foundation model constitution
2. If a new trustee is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge.  
Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point.  
Access to Community Action Suffolk's Trustee training is offered if needed.
3. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.
4. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Judith Goldsmith is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower, a retired accountant, checks all financial management issues and provides interim management reports at each meeting. Adrian Stannard-Smith settled into his role as trustee this year, managing all the charity's cash handling, recording and banking on a voluntary basis.
5. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.
6. Music In Our Bones accounts are independently inspected by Accountants John Phillips and Co Ltd, Unit 81, Centaur Court, Claydon Business Park, Great Blakenham. Ipswich IP6 0NL.

## **Summary of the objects of the charity set out in its governing document**

To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

## **Summary of main activities undertaken for the public benefit in relation to those objects**

**94 face to face singing sessions during the year created regular singing opportunities and the support that our singing communities offer to a total of 173 individuals. ( Pre-pandemic Jan – Mar 2020 we reached 203 people so we have successfully retained or made new contact with 87% of our singers )**

**39 zooms offered additional singing support to our singing communities, especially during periods of lockdown or limited face to face opportunities.**

**We also supported Inside Out Arts Community with 3 termly zoom sings for people in recovery from serious mental health distress and in-patient stays reaching a further 18 individuals and Suffolk Refugee Support's International Women's Group with 3 termly sings reaching 15 more.**

**Total individuals benefitting from 100 singing sessions ( regular sessions plus outreach ) = 206**

**Total new singers attracted to our regular groups = 46 ( 30 face to face, 16 via zoom )**

### **Our new website**

**This was launched in April thanks to the dedication and talent of our administrative support, Janine Tompkins <http://musicinourbones.com/>**

**It includes a new gallery <http://musicinourbones.com/galleries/>**

**Research and feedback from our singers :**

**<http://musicinourbones.com/benefits-of-singing-2/>**

**And our legacy of sings anyone on-line can sing along with whenever they need a sing with us! <http://musicinourbones.com/music-videos/>**

## January to April 2021

During an initial period of lockdown we replaced 'live' singing sessions with:

- 10 half termly zooms,
- 2 You Tube films ( sent out to 250 households ) and
- 5 fortnightly CDs ( sent out to 140+ singers )
- Our telephone support network continued to be hugely valued by those who were lonely, anxious, isolated or facing crises.

Trying to offer our singers a sense of purpose and meaningful involvement with us, we requested photos to create film montages against which songs were set. Lyrics were also requested and new songs written and recorded to honour and share our singers talents.

Following our singers expressed concerns, we realised we needed to plan a safe staged way forward in order to rebuild shattered confidence and overcome very real anxiety about mixing with anyone other than family.

### A staged approach back to face to face singing

Government restrictions and high Covid infection rates meant that our face to face singing initially had to be outdoor from April to July. Our staged approach, (through too much wind and rain!)included:

#### 1. Firstly doorstep sings

**30 doorstep visits reached 36** of our most isolated singers, many living alone and without good family support, others managing challenging caring roles, many without the internet



## 2. Then, small group sings of 6



## 3. Next, larger sings in larger yet still 'private' community spaces as confidence built.



**22 garden sings reached 181 ( many under umbrellas!)**

Our singers generously offered their gardens for small gatherings and we used local 'private' spaces like the Brickmakers wood and Chantry Park walled garden for our larger July sings.

**During April-July we reached 127 individuals in song. Our outdoor sings were attended by 201 singers, several accessing more than one event.**

## **TWO NEW ON-LINE GROUPS LAUNCHED IN 2021**

### 1. Singing for the Brain

Fortnightly singing for the brain zooms were piloted from April, following training from the Alzheimers society attended by Mark Coburn, Jill Jennings and Tracy Sharp, finding and sharing favourite popular songs alongside the teaching of songs easily taught.

Initially these were focussed on reaching out to Family carers and their partners living with dementia allowing us to 'seed' a new Musical Memories group in Bury and better support Family Carers with challenging roles.



However, they have proved to be popular and are now accessed by a wide range of our singers, some singers unable to leave their homes now due to their disabilities or health vulnerabilities as well as Family Carers keen to have an extra sing alongside their partners at home. Others dip in and out if the weather is bad, or if they are recovering from Covid or post operatively and stuck at home for any reason.

Individuals reached : 40 Average group size : 10 New to Music In Our Bones: 15

## 2. Songflight

Songflight is a singing project run by Jennie Fisk and Tracy Sharp. It offers a monthly zoom sing focussing on calming anxiety and extending the breath using a variety of chanting, sounding, and gentle songs to achieve this.

It is hoped that the sessions will prove especially useful for anyone with COPD, Long Covid or those trying to manage high levels of anxiety post covid. Zoom also banishes self-consciousness and allows people to really experiment with their voices and to sing out in the privacy of their own homes..

“Thank you for our lovely session together this afternoon. I enjoyed it so much more, being on mute; less embarrassing for myself and more comfortable to the ears of others....!”



Individuals reached : 18 Average group size : 12 New to Music In Our Bones: 1

## WELLSPRING CLOSED JULY 2021

Having never closed a group before, we were sad to have to close WellSpring which was started in 2013. It seems however highly likely that the Covid epidemic will continue, possibly for years, to prevent such a project being advisable. Sadly, it will be some time before large groups of people from the community are encouraged to sing alongside very vulnerable elderly people in a tightly packed unventilated and very warm shared lounge.

Having sung twice outside Margery Girling House during the pandemic, we returned in July to bid them all farewell with a leaving garden party, residents singing and waving from inside the lounge, our community volunteers leading the singing from outside. Trays of cakes and cups of tea were shared with both. It was a very sad

goodbye, both to community members, Margery Girling residents and to Trish Bessell as their much loved song leader. WellSpring was a project which forged some beautiful relationships and brought us into contact with a wonderful group of older people willing to share their rich lives with us as they joined us in song.



### Sept-Dec

- We had a total of 623 attendees (450 face to face indoors, 183 via zoom )
- 42 face to face sessions indoors were run (42 face to face indoors plus 17 Singing for the Brain zooms April –Dec and 2 Songflight zooms Nov - Dec )
- These reached 173 individuals ( 158 face to face indoors, 16 newcomers via zoom)
- 21 of these individuals had/have zoom contact only, plus 9 telephone /txt contact only

### Throughout the year

**1740 CDs (approx. )were sent out** 12 CDs with replacement singing sessions were sent out fortnightly Jan – Dec 2021. **These went to 145+ households.** These were recorded by singing leaders, edited and produced by a singing leader and then packaged and posted by our amazing volunteer Donna Thrower. They lifted spirits and made a difference!

“Many thanks for the last ‘Best of..’ CD. I have just sung my way through it with you-never mind what the neighbours thought. As usual you lifted my mood, and now I’m ready to tackle all that comes my way! I’m gonna play that CD again now , louder this time-and I might dance too! Thanks again.”

“X has his computer set up in the kitchen and when your cd comes through the door he is straight on that computer singing along. He finds it more difficult when he can’t see your lips to follow but he tries and keeps trying.’

- **6 You tube videos** were filmed or created as replacement sings by Frankie Fisk and sent out in 2021. **These have had between 150-550 views**
  1. Photo montage for ‘Hold you in our circle’  
<https://www.youtube.com/watch?v=IMMzjZCib9U>
  2. Photo montage for ‘What a wonderful world’  
<https://www.youtube.com/watch?v=n-z3bZxqrg>
  3. Helmingham Hall Spring visit – April 2021  
<https://www.youtube.com/watch?v=8lh0pksIGC8>

4. Celebration of doorstep visits – May 2021  
<https://www.youtube.com/watch?v=tUX4-H87lys>
5. Garden sings- July 2021  
<https://www.youtube.com/watch?v=7nL-C2LE1oE>
6. Helmingham Hall summer visit in the rain September 2021  
<https://www.youtube.com/watch?v=E1jO9GpdZno>

Throughout the pandemic, our aim has been to continue to offer a rich musical life-line to all we sing with albeit in different ways. Feedback from our singers suggests that these efforts have played a significant role in their mental well-being at a time of extraordinary isolation for so many.

“ My life is restricted, I am dedicated to caring for my beloved wife who is sadly in the final stages of Dementia and MS. I have no other excitement or joy in my life, save for the wonderful gift of song. You travel all over Suffolk, bringing singing to we isolated carers. You have given us the opportunity to sing via Zoom too during the dark times, these sings are the glimmering light that casts such a spell on we lonely people. I honestly can't imagine life without Music In Our Bones”

### **OUR SINGING LEADER TEAM**

None of the above could have been achieved without the astonishing level of commitment , flexibility and talents shown by our singing leader team. Our team worked incredibly hard throughout the year, in an inspiringly responsive and imaginative way, ensuring that our singers continued to know they mattered and that spirits continued to be lifted in song. Mark Coburn worked tirelessly to edit and produce 145+ lovely CDs fortnightly through much of the year, and Frankie Fisk's film-making creativity helped create a beautiful legacy of our singing year via our new You Tube channel. The work and talent of both were hugely appreciated by so many of our singers.

### **TRISH BESSELL RETIRED JULY 2021**



We were sad to bid farewell to Trish Bessell who retired in July after over a decade of wonderful leadership, sharing Musical Memories and WellSpring groups, both of which included some of the most frail and vulnerable of all our singers. Her joie de

vivre and ability to whip up a party atmosphere, as well as her ability to tell and encourage stories and to showcase our singers talents will be much missed.

### **NEW SINGING LEADER JOINED TEAM - JILL JENNINGS APRIL 2021**

We are lucky to have found Jill Jennings as a new member of the team. Jill brings with her huge expertise as a talented musician, confident with several instruments, as well as a life time of teaching and singing with children in schools and more recent experience alongside Mark leading singing with groups for older people. She joins Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Denise Steward and Tracy Sharp – a fine and hugely supportive singing leader team.

### **VOLUNTEERS**

Our dedicated teams of volunteers with Musical Memories and Songlines have offered astonishing support throughout the year to other members of their groups. Some have telephoned weekly throughout the year and had hour long conversations with Family Carers and Stroke survivors who were tremendously cut off from the world by the pandemic. Many have filled their cars whenever small group singing became possible and encouraged people without transport and with limited mobility to refind the confidence to come out again to join us.

Friendships and peer support within groups has been deepened immeasurably because of people's need of one another and appreciation of generosity, kindness and contact during such lonely times. Many now meet regularly outside of their sings, some go walking together, others are offering practical help to others in need, many talk regularly. Wonderful new circles of support have emerged.

Donna Thrower offered the charity a remarkable number of hours of time patiently sending out 145+ CDs fortnightly through much of the year. We were pleased to thank her at Bury HeartSong this April 2022 with the presentation of a gift from us all to show our huge gratitude to her and to mark her special contribution in keeping our singing community connected throughout the pandemic



## OUR GROUPS

The following are details of how many individuals have returned to their face to face group

- **Lifting Spirits** run by Fran Flower, Jennie Fisk and Tracy Sharp fortnightly ( The group due its size has been split into two, each group meets monthly now although we prioritise singers who have expressed the need for more frequent contact and they attend both sessions a month. Now moved to Castle Hill Primary School – a more spacious venue)

Individuals returned : 28. Average group size : 13. New to the group : 2.



Garden sings with Lifting Spirits

- **Ipswich HeartSong** run by Jennie Fisk and Tracy Sharp once monthly (now moved to Rushmere Village Hall - a more spacious venue )

“It was SO lovely to see you and the Heartsong gang on Friday in Rosalyn's lovely garden, despite the rain. A big thank you for all your efforts to keep us singing, smiling and laughing.”

Individuals returned : 22 Average group size : 11 New to the group : 4



- **Bury HeartSong** singers run by Jennie Fisk and Tracy Sharp until July when Denise Steward joined Tracy to lead the group once monthly ( now moved to the Bury Quaker meeting house with the changed time of Thursday mornings)  
**Individuals returned : 21 Average group size : 9 New to the group : 5**  
 “ I am so glad I made it to Gill's beautiful garden for such a very happy afternoon. Boy you bring so much joy and fun. It was also so good apart from the singing, to hear X expressing what she has to manage, she is so young and I think brave.”
- **Lowestoft HeartSong** run by Helen Rolfe and Tracy Sharp once monthly  
**Individuals returned : 27 Average group size : 15 New to the group : 4**



- **Music In Mind** run by Fran Flower, Jennie Fisk, Ian Heywood and Tracy  
**Individuals returned : 31 Average group size : 11 New to the group : 6**



- **Songlines** run by Mark Coburn and Tracy Sharp fortnightly. Denise Steward also supported the group with some face to face gatherings until September when she started leading the new Bury HeartSong group.

Individuals returned : 14 Average group size : 9 New to the group : 4



- **Musical memories Ipswich** run by Mark Coburn and Tracy Sharp fortnightly ( now moved to Rushmere Village Hall)

Individuals returned : 25 Average group size : 11 New to the group : 9 (4 of these Suffolk Community Foundation visitors)



- **Musical Memories Bury** new group run by Mark Coburn and Tracy Sharp fortnightly since November ( meets in the spacious Moreton Hall Community Centre )

Individuals reached : 13 Average group size : 8

New to Music In Our Bones: 6

## **Disappointments and Challenges**

### **1. Outreach**

Outreach has unfortunately been on hold throughout this period as it has been unsafe to encourage singing indoors in large groups. Our termly zoom sings with Inside Out and Suffolk Refugee Support have been all the outreach possible in 2021. Face to face outreach will hopefully resume if infection rates do finally fall. Bookings are in the diary to sing in support groups for Family Carers, Stroke survivors and those living with dementia in the summer months of 2022.

### **2. Partnership work**

Our focus has been less outward looking than we would have liked as we have had to concentrate our time and energies in maintaining good contact with our singers and surviving as a charity financially. Managing the many transitions of the period together has also taken up all our energy and time resources.

We have however, developed a termly briefing for professionals which we will use to advertise places once it is possible to begin to increase group sizes safely once more.

We also sent of links of our You Tube sings to organisations we work closely with:

- Dementia Together
- Suffolk Family Carers
- Inside Out Community
- Suffolk Refugee Support's What's App connection with their International Women's Group "Thank you so much for leading sessions online with the Women's Group on the 24th November. The teachers and the women really enjoyed it. It is so nice to be able to provide them with some variety."
- Margery Girling House Very Sheltered Housing used our CDs to encourage sing alongs with residents now able to socialise with each other though not other than 1-1 with family
- Memory Lane Dementia Café's members via an emailed newsletter
- Community singing groups SongRise and YoxVox

### **3. Making difficult decisions to minimise covid risks for groups**

We have halved the group size of our two biggest groups Music In Mind and Lifting Spirits by offering monthly sessions to two groups. Those with most need of the group due to living with cancer, managing more severe mental health recovery from psychiatric stays during the pandemic, in recovery from a brain injury or those especially lonely and isolated have been offered spaces in both fortnightly sessions. We hope once infection rates have dropped to bring these half groups back together once more providing it is safe to do so.

#### **4. Closing WellSpring singing in order to open a second Musical Memories group in Bury St Edmunds.**

The difficult decision to close the WellSpring project was made for the reasons stated above. This gave us the capacity to create a new group for Family Carers and people living with dementia in Bury where there is no such group having 'met' some new Family Carers and their partners via our Singing for the brain zoom pilot..

#### **5. Difficulties growing groups that have lost members during the pandemic**

With outreach taster sings not being possible, and the Dementia Together service losing its tender ( meaning that usually very active workers have had to concentrate on closing the project), it has been difficult to recruit new couples to both dementia specific groups and to the Bury HeartSong, our smallest group.

Hopefully once we can begin again to sing with support groups this situation will improve. Active outreach has always proved essential to our development as so many people avoid singing thinking their voices aren't good enough and need to be convinced by experience otherwise!

#### **6. Coping with grief and loss**

Unsurprisingly, this has played an unusually large part of our work during the year. Some singers have died during the pandemic and others will not be able to return as their disability has increased, still more are now being cared for at home or in nursing care. Some of our work has been supporting singers and families during these critical times as they have been so isolated and without the support usually available. We have helped individuals and families with these losses in different ways:

- through phone and post contact sending cards from people's group
- signposting : in one case supporting a family carer using the safeguarding procedures to get the help he desperately needed and a move for his wife with advanced and challenging dementia into a nursing home
- Responding to family requests to honour the significance of singing with us in the lives of their loved ones : in one case attending a very small funeral, in another singing with group members at a memorial celebration alongside a few singers from her group
- supporting those offering peer support to others at these difficult times

#### **Some successes this year**

1. A mix of short and longer term bids has been successfully secured to enable groups to be sustained and developed.
2. Trustees, singing leader team and regular volunteers have been supported to maximise our energy, sense of purpose and commitment to our group members.

Consulting and communicating well throughout such a period of change has been vital.

3. The challenges of re-engaging our former singers in a staged safe way back to their singing communities has been largely successful. However, due to the pandemic, we have lost singers, some still too anxious to return to groups, others now too disabled to come out. Therefore outreach will play an important role in the year ahead.

4. A new Family Carers and dementia specific singing community has been established in Bury (using zoom pilots.)

5. Two new regular zoom sessions have been piloted and now added to our regular 'offer'. These are sustaining people who are especially isolated, new to us, or perhaps ill or simply in the need of additional sing and contact with a friendly community of singers.

6. Feedback from our singers has been especially strong and heartfelt over this difficult year. It always reveals that feeling part of one of our singing communities allows people, otherwise isolated by illness and disability and often lonely, to experience a meaningful sense of acceptance, connection and purpose that they find rare in life. This was sent after a Singing for the brain zoom.

"After singing I realise how light and happy I'm feeling, like I've got fresh oxygen in my lungs, happiness in my smile. I can tackle anything with a lift from singing with you all. Thanks you are true life lifters. You lift my spirits and refresh my memory. The harmonies balance my heartbeat. You make me feel loved. Its mentally invaluable work you do. Without your constant help I couldn't have got through these last few years on my own. Even when I have difficult days, I have you all to look forward to, giving me a reason to carry on."

The communal act of creating music together creates unusually strong bonds between people overcoming shyness and a host of other communication problems. Regular involvement in the project also has helped very vulnerable people to avoid crises. We had to use the Safeguarding procedures in one instance last year to prevent complete carer breakdown for instance. Singing regularly offers much valued support to those with difficult caring roles helping those to be sustained ,

'I want to say a huge heartfelt thank you for everything that you have both done to keep our spirits up and ticking over in joy and love and song during what has been my worse personal year ever. Your CDs, messages, YouTube bits, garden sings and once back in the church have been great. Such kindness, and keeping the singing alive.'

Most importantly, singing with Music In Our Bones has offered a fortnightly life-enhancing boost to people's spirits. As we know, singing literally changes how people feel: releasing endorphins so filling singers with a sense of happiness,

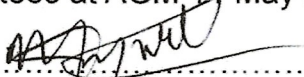
lowering cortisol levels so reducing stress, deepening breathing and synchronising heart rates so calming anxiety, encouraging gentle movement and dance so helping with mobility and reducing pain levels.

Our choice of songs has been especially important during these toughest of times. The songs we choose, often from different cultures and times, have a history and a belief that change for the better is possible. The energy and lift of singing with others often moves people to feel freer, to laugh and smile more easily and sometimes to cry and acknowledge the sadness and grief they are carrying knowing that it is a safe space to do so. Songs carrying a belief that change is on the way, and that we must never lose sight of hope, have been especially valued this year, and more recently being able to raise our voices and to share songs of peace as war rages in the Ukraine has been a significant act for many when everyone has been feeling so helpless.


8. Peer support within groups and volunteer singing support alongside us has been vital to maximise our impact as a charity, as outlined, our volunteers have been vitally important in maintaining our communities sense of togetherness.

9. Long and short-term benefits of singing with others has been captured from our singers frequent and positive feedback. We aim in the year ahead, now that groups are beginning to return, to focus on researching singing's benefits alongside our group members, encouraging them to have a growing understanding of what singing offers them and what they offer others in the singing.

Agreed by trustees at AGM 11 May 2022

Signature.....  ..... Date..... 5/7/22 .....

Ian Heywood Chair

Signature.....  ..... Date..... 2/8/22 .....

Ian Flower Treasurer

# MUSIC IN OUR BONES

## Income & Expenditure

	Year to 31st December 2021			Year to 31st December 2020		
	Restricted Funds	Unrestricted Funds	Total	Restricted Funds	Unrestricted Funds	Total
<b>Income</b>						
Funding from Other Charities	£47,471		<b>£47,471</b>	£29,221		<b>£29,221</b>
Voluntary Donations		£5,603	<b>£5,603</b>		£3,982	<b>£3,982</b>
<b>Total Income</b>	<b>£47,471</b>	<b>£5,603</b>	<b>£53,075</b>	<b>£29,221</b>	<b>£3,982</b>	<b>£33,203</b>
<b>Expenditure</b>						
Costs of Running Workshops	£33,718	£2,862	<b>£36,581</b>	£29,975	£1,851	<b>£31,827</b>
Governance & Development		£2,246	<b>£2,246</b>		£4,334	<b>£4,334</b>
<b>Total Expenditure</b>	<b>£33,718</b>	<b>£5,109</b>	<b>£38,828</b>	<b>£29,975</b>	<b>£6,185</b>	<b>£36,161</b>
<b>Surplus/(Deficit) for Year</b>	<b>£13,752</b>	<b>£494</b>	<b>£14,247</b>	<b>(£754)</b>	<b>(£2,204)</b>	<b>(£2,958)</b>

<b>Reserves</b>						
<b>Brought Forward</b>	<b>£16,196</b>	<b>£12,554</b>	<b>£28,751</b>	<b>£16,950</b>	<b>£14,757</b>	<b>£31,708</b>
<b>Surplus/(Deficit) for Year</b>	<b>£13,752</b>	<b>£494</b>	<b>£14,247</b>	<b>(£754)</b>	<b>(£2,204)</b>	<b>(£2,958)</b>
<b>Carried Forward</b>	<b>£29,949</b>	<b>£13,048</b>	<b>£42,998</b>	<b>£16,196</b>	<b>£12,554</b>	<b>£28,751</b>

<b>Represented by:</b>					
<b>Current Assets</b>					
Bank & Cash Balances			£43,538		£29,901
Income Accruals					
Cost Prepayments					
<b>Total Bank &amp; Cash Balances</b>			<b>£43,538</b>		<b>£29,901</b>
<b>Current Liabilities</b>					
Cost Accruals			£540		£1,150
<b>Total Liabilities</b>			<b>£540</b>		<b>£1,150</b>
<b>Net Current Assets</b>			<b>£42,998</b>		<b>£28,751</b>

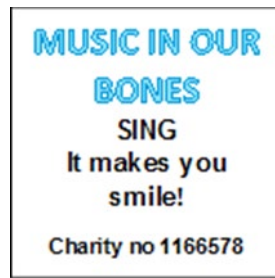
**MUSIC IN OUR BONES**

England & Wales - Charity number 1166578

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# Accounts

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## Music In Our Bones Trustees Annual Report

1<sup>st</sup> January 2020 to 31<sup>st</sup> December 2020

### Reference and administration details

**Charity Name and Registered Charity Number :** Music In Our Bones 1166578

**Charity's principle address and contact:** Tracy Sharp 203 Ranelagh Road, Ipswich IP2 0AH

### **Names of Charity Trustees who manage the charity:**

Ian Heywood ( Chairperson, cheque signatory, Health and Safety officer )  
Elizabeth Gerrie ( Secretary, cheque signatory )  
Ian Flower ( Treasurer )  
Oliver Knowland  
Pamela Wagstaff ( Compliments and Complaints officer )  
Frances Blackwell ( resigned Nov 2020 )  
Allan Williams  
Judith Goldsmith ( Safeguarding Officer )  
Adrian Stannard-Smith joined November 2020

### **Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO)
2. It has a CIO foundation model constitution
3. If a new trustees is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge.  
Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point.  
Access to Community Action Suffolk's Trustee training is offered if needed.
4. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.
5. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Judith Goldsmith is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower, a retired accountant, checks all financial management issues and provides interim management reports at each meeting. Frances Blackwell resigned from her role in November 2020 and Adrian Stannard-Smith joined the 8 strong committee of trustees.
6. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.
7. Music In Our Bones accounts are independently inspected by Accountants John Phillips and Co Ltd, Unit 81, Centaur Court, Claydon Business Park, Great Blakenham. Ipswich IP6 0NL.

## **Summary of the objects of the charity set out in its governing document**

To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

## **Summary of main activities undertaken for the public benefit in relation to those objects**

Throughout 2020, the following inspiring and committed team of 8 self-employed singing leaders delivered our workshops and swiftly responded to the Covid pandemic by recording replacement singing sessions for You Tube and CDs, editing and creating those CDs, writing new songs from singers lyrics and being part of a telephone support network: Trish Bessell, Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Tracy Sharp and Denise Steward.

Music In Our Bones, in order to carry out its charitable purposes for the public benefit, ran the following:

### **Singing workshops pre-pandemic**

32 singing sessions Jan to early March created regular singing opportunities and the support that our singing communities offer to a total of 203 individuals.

We also supported Inside Out Arts Community with a sing for people in recovery from serious mental health distress and in-patient stays, the session supporting their community to celebrate the lives of two of their members who had recently died.

Total individuals benefitting from 32 singing sessions ( regular sessions plus outreach ) = 227

Total new singers attracted to our regular groups Jan – early March = 42

## **Achievements and Performance**

Our main achievements this year really lay in our swift response to the pandemic and the impact of that work.

### **Reaching out in new ways**

#### **1. Creation of a You tube channel to continue to offer the benefits of singing via an on-line connection**

We filmed replacement singing sessions and created a you tube channel to stay in touch with those people singing with us who are confident with on-line contact. Links to singing sessions were sent out via email and facebook:

**9 once monthly you tube singing sessions have reached 250 singers ( plus a photo montage of the garden sings ). Our sessions dipped in the good weather when more socialising was allowed to 143 views but returned in November and December to 400+.**

As the months went by, and aware of how imprisoned many of our older singers in particular were by the pandemic, we decided to use the filming as an opportunity to take people out alongside us sharing beautiful places we loved with everyone. Sings from Stutton riverside, from Badley and Redgrave Church and from Helmingham Hall gardens have all been received with both appreciation and enthusiasm by our singers.

People can access You Tube either as complete sessions or as single songs.

### **Pandemic Legacy.**

As can be seen, a large bank of songs to learn now exists as a tremendous legacy of this period for anyone interested to access on-line.

<https://www.youtube.com/channel/UCWFbkDYiQj04qladxUaz0xQ/videos>

A breakdown of our contacts :

We have stayed in touch via email on a fortnightly basis with 250 participants:

- 60 Lifting Spirits singers

**This is inspired, very beautiful, and so very welcome. Thank you so much.** ( singer who lives alone without immediate family)

- 89 HeartSong singers in the Gt Blakenham, Bury and Lowestoft groups
- 20 Musical Memories singers, 12 managing life with dementia and 8 volunteers

**Your latest you tube session is absolutely brilliant. A lovely church great acoustics & harmonies that lift one ever upwards. What joy, thank you so much.** (Family Carer whose wife lives with dementia)

- 17 Songlines singers managing life as stroke survivors and friends
- 48 Music In Mind singers

**“It is a wonderful wonderfully calming recording, and I really feel your lovely warm hearts coming through to us at home – thank you, all of you”** ( singer living alone managing anxiety issues )

- 7 WellSpring singers

- Approx. 15 women via Suffolk Refugee Support's International Women's Group Whats App received 5 fortnightly songs to learn with their children as well as the monthly you tube replacement sings.

### **Partnership Work**

These links to sessions been forwarded to organisations we work closely with:

- Dementia Together
- Suffolk Family Carers
- Inside Out Community
- Suffolk Refugee Support's What's App connection with their International Women's Group
- Margery Girling House Very Sheltered Housing using the CDs to encourage sing alongs with residents now able to socialise with each other though not other than 1-1 with family
- Memory Lane Dementia Café's members via an emailed newsletter
- Trianon and community singing groups SongRise and YoxVox
- Plus an article with links published in Age Space Suffolk

**We are working on extending these connections to ensure that resources now produced are as useful as possible and freely available locally to vulnerable people living both in the community and in residential and nursing homes, many of whom may well be unable or unwilling to socialise in the months to come until everyone has received the both doses of the vaccine.**

### **Zoom singing sessions**

Zoom singing alongside one another has offered an important sense of continued connection with other group members and with singing leaders for those with internet. Feedback suggests it also gives people a real lift of energy even though you only can only hear yourself and one singing leader singing. Break out rooms have allowed important sharing within groups to happen; grief, loss, illness as well as the joys of new birth and seasons changing, friends and family events outdoors etc. Peer support continues to flow both at these, and via the calls and walks people organise independently.

**12 individuals were offered 1-1 support over the phone in order to access and become confident using zoom by Janine Tompkins our administrative support – a wonderful and necessary piece of work to increase our singers' confidence using IT at this vital time.**

4 Half termly zooms reached:

Lowestoft HeartSong 17 singers ( averaging 12 )

Music In Mind 25 singers ( averaging 10 )

*“That was a fantastic, funny, and emotional singing session that you all put on. Seeing other of our singers was great. A warm way to finish the season.”*

HeartSong Great Blakenham 18 singers + HeartSong Bury 11 singers ( run as joint zoom averaging 13)

*“After our Zoom Sing, I felt so much calmer, and relaxed, and so happy. N. enjoyed yesterday's Sing too. It was nice to sit together and sing together. Singing helps N. enormously, enduring Parkinson's through distraction I'm very glad to say. Also, Singing helps his speech too.” ( Family Carer prone to depression her partner living with Parkinsons.*

Lifting Spirits 27 singers ( averaging 15)

“I can’t tell you how lovely it was to see you all tonight... a real tonic. It was fun.” ( Family Carer managing challenging NHS job as well as son with mental and physical health issues )

Musical Memories 19 singers + WellSpring 2 singers ( averaging 10 )

Songlines 13 singers ( averaging 6 )

**24 Zooms were attended by a total of 131 singers and as some people attended more than one group 116 individuals were reached from our groups**

### **OUTREACH ZOOMS**

Stroke Survivors zoom Christmas zoom – reaching 18 new people

Memory Lane zoom – reaching 12 new people managing life with dementia plus 2 volunteers

**Outreach zooms allowed us to sing with a further 30 new people**

### **GARDEN SINGS IN SEPTEMBER 2020**

These took our singing out to people in their gardens, or meeting in Brickmakers Wood which offered us privacy and some shelter ( though photos of people under umbrellas suggests not always enough!) Group size was restricted to 4 plus two singing leaders.

### **Musical Memories**

3 garden sings reaching 12 singers ( Family Carers and their partners )



### **WellSpring**

2 gardens sings at Margery Girling volunteers from the community singing to residents in the lounge from the group reaching 18 singers



**Music In Mind**

4 garden sings reaching 13 singers



**Lifting Spirits** 3 sings reaching 12 singers



“Thank you so much ...that was beautiful! Brought back memories of our wonderful sing together. It was lovely to see all the other happy singing faces too, left me with a warm glow and what a perfect song...made me feel quite emotional!” on receiving the photo montage.

## HeartSong Great Blakenham

2 garden sings reaching 5 singers



## Songlines

4 garden sings reaching 7 singers plus 12 residents and 4 staff singing outside Emily Bray House where one of our singers lived.



**These allowed us to sing directly with 67 of our singers plus 16 people from Emily Bray House.**

<https://www.youtube.com/watch?v=yt1iLMSBDLA&t=7s>

This photo montage conveys everyone's delight at meeting up again to sing. The 194 views once again express something of the value of these sessions to our singers and their wider circles of support.

“It was very moving to hear the music and see all the faces of everyone. Emotions happy but poignant to see what we’ve been missing. A big thank you all as always for making this possible.” ( Music In Mind singer managing the loss of her first grandchild at birth, unable to be with and to comfort her daughter )

## **Encouraging Connection through Creativity during lockdowns**

### **SONGWRITING - CO-CREATION WITH OUR SINGERS**

Some original songs have been written by singing leaders to be enjoyed by everyone and a positive part of the legacy of this difficult time. Denise Stewards’s ‘Put on the big light’ has gone down a storm

<https://app.box.com/s/w902wzqfwq0zj1hbtrwp2r9199b282z1/file/663449173356>

and Ian Heywood has both written some new material and created two CDs specifically with older singers in mind featuring songs from the 50s and 60s which can be easily shared within residential or nursing homes as a useful resource. We have also shared Helen Hayes’ ( our colleague in the north of the county) singing and zoom sessions especially those targeted at people with dementia.

Our singers have been encouraged to send in song lyrics which Denise and Ian have put to music, the recordings of these songs then being sent out via our CDs. Clearly a huge boost to those involved hearing their songs come to life like this.

### **Barriers faced by people with on-line contact**

Our telephone calls to our singers revealed that many of our singers

1. are not on-line
2. use their computers in very limited ways to stay in touch with family and lack the confidence to open links etc “ My wife ( a stroke survivor ) can only access the computer when I am around and not working on it, please can she be sent CDs”
3. have no private space at home, often sharing their laptop with other family members
4. cannot afford the broadband speeds needed to access You Tube.
5. were spending too much time on-line and finding that, in itself, a stressful part of lock down.

Thus, whilst we THOUGHT we were communicating well with our singers, we realised that many simply hadn’t even opened the links, or tried any of our sessions! A new approach was needed!

### **2. Recording and creation of fortnightly CDs**

To overcome these issues we began to offer our singing sessions as CDs to anyone who chooses to receive them that way. Supported by Suffolk Coronavirus Community Grants, we have been able to achieve this.

### **POSITIVE OUTCOMES FROM THESE REPLACEMENT SINGING SESSIONS.**

1. MAINTAINING CONNECTION. CDs arrive as ‘gifts’ demonstrating to singers with us that they still really matter to us

“In these very trying times when we could have done with a lift in the situation, we had your latest CD come through. I think on arrival I played it over six times straight off. I have taken 1 or 2 to my wife. Thank you for keeping a light in the sky.” ( Family Carer from Music In Mind who has shared the

CDs with his wife in nursing care who he wasn't allowed to visit for much of the year but 'saw' via his i-pad and a carer)

2. CONTINUED THE BENEFITS OF SINGING ITSELF RELAXING AND IMPROVING THE MOOD OF OUR SINGERS. Listening to CDs takes people away from their screens, encouraging them to sit down and relax and enjoy the lift of singing

"Thank you, thank you for the most recent two. There are some wonderful songs on them, and everything you have sent out gives me so much pleasure. Glimmers of light amongst the grey."  
( Music In Mind singer who lives alone isolated in the pandemic )

"I really appreciate the C.D.s that you have been sending to me and would appreciate you carrying this on. They have helped me through this worrying and lonely time very much." ( Lowestoft HeartSong singer who lives alone )

3. CDs PROVED TO BE HIGHLY ACCESSIBLE WAY OF ACCESSING SINGING. They are easily included in everyday life. Singers have told us they listen and sing along whilst getting on with other things, whilst ironing or washing up in the kitchen, or working on some art or craft project for example! They are also portable and so can easily be taken to a private space to dance and sing along with, or played in the car, uninterrupted by the demands of the rest of the family!

'You really are bringing it into the front room. It comes over ever so well. You really get the impression you're really there' ( Musical Memories Family Carer )

"X has asked me to send a request for further CDs please – as it's so much easier for her to listen to and sing along to her CDs – she has a CD player in our dining room, and she listens to you when doing the ironing – amongst other things!! Many thanks – especially for all your efforts and thoughtfulness for the Stroke survivors." ( husband of stroke survivor from Songlines )

4. OVERCOME ISOLATION . Listening to our voices and singing along to known songs has allowed an emotional connection to be maintained with our singers, reaching out to those who are feeling very alone.

"Am loving the CDs, I put them on when I feel lonely, and they really cheer me up." (Music In Mind singer who lives alone and manages life with depression.)

' We're just trying to live for the day. P. just sits there and I feed her coffee and piece of cake and we listen to our CDs. And quite frankly, sitting with our coffee and what not, it couldn't have been better for us than us all being together at Great Blakenham. Your voices come over so well. Really it's glorious. Thank you" ( Musical Memories Family Carer who other than medical appointments was rarely able to leave the house throughout the year )

5. ENCOURAGEMENT THROUGH DEVASTATING, FOR SOME ,TIMES.

"Thank you for new CD its been awful recently with several staff members and tenants having covid over xmas. Hopefully we are now recovering and free of it but very emotional time." ( worker at Margery Girling sharing our CDs with WellSpring and other singers regularly )

**CD requests have varied from 145 to 169 households fortnightly. 12 CDs were sent to Musical Memories, Songlines and WellSpring singers, 11 to everyone else approximately one a fortnight, term time only, throughout the pandemic. The song leader team regularly recording in a large space at Red Gables as well as Ian Heywood, Denise Steward and Trish Bessell recording for us at home made this feat possible.**

**1620 tailor-made CDs have been enjoyed during the year by 169 people, our singers mostly receiving fortnightly CDs through the post.**

### **Volunteer Support**

A wonderful volunteer has helped by taking over the practicalities of packaging, sticking on address labels and posting these.

The new role has helped lift this volunteer from the profound depression into which she'd fallen. With all of her sense of purpose being taken away with groups closing she was simply sleeping her way through most days. The lockdown triggered memories for her of despair, self-harm and hopelessness from her past. Having a sense of purpose again in handling this job, having to get up to do something for others, is proving to be a life-line, one which is slowly allowing her sense of self-worth to re-emerge.

### **Telephone support**

We phoned all our singers to check if they are in contact with a supportive network of people. Those who are facing additional loneliness, or increased isolation and stresses of managing illness, disability or a caring role, or a particularly challenging time ( facing cancer treatment, bereavement etc ) if interested, have been put in touch either with a singing leader who calls them or a member of their group who is keeping in touch. Volunteers from our groups have been extraordinary in their support of others often devoting several hours to these calls weekly or fortnightly. Relationships have been deepened and new friendships made in the process, crises have been averted and when necessary vital emergency help asked for via the safeguarding route.

Our telephone supporters were sent guidance on confidentiality and the importance of offering a sensitive listening ear without feeling responsible for the person they are calling.

Singing leaders and the support of 12 volunteers in particular have ensured that the most vulnerable, isolated and challenged from our groups have been offered regular often weekly telephone support. A Whats App group set up for our dementia specific group has been an important lift to some of its members, and regular txts have supported people managing very difficult caring roles.

In two cases referrals were made for external support, one to a community mental health team and one via safeguarding when an exhausted carer was no longer able to cope with his wife's Lewy Bodies dementia.

Much of our telephone support has concerned grief. Loss of role, identity and actual loss of family and friends, a few due to Covid but mostly due to other health issues but with grief made harder to bear due to not being able to be with, or to comfort as a community at funerals, not to be able to hold those known to be suffering most.

**FEEDBACK ON BENEFITS OF OUR VARIED 'OUTREACH' THIS YEAR** Replies from our group members via facebook, email and calls reveal the following themes.

Our You Tube and CD sings continues to offer people:

**a. Mental health benefits - a lift to spirits and the chance to 'feel'**

Just to thank you for the CDs you sent. I really just love sitting in my chair and letting the music wash over me and just joining in with the singing in a gentle, relaxed way, it lifts my mood in the best way possible. ( Lowestoft HeartSong singer living alone)

I have just sung two songs from your March workshop 2 in my bedroom. I can't THANK YOU enough. It was the best half hour I've spent in ages ( a woman in mental health recovery from Music In Mind)

I've played my CD, had a lovely sing and a little weep too! It's smashing. ( Music In Mind singer who lives alone )

When you guys sing together the cares just melt away. Your harmonies make the hairs on the back of my neck stand to attention! Close your eyes and be transported! ( Family Carers Musical memories)

Thanks for this. Much needed distress for tomorrow! (Music in Mind Family Carer )

You are brightening my life! (Lifting Spirits singer)

**b. the knowledge that everyone is still a valued part of their singing community**

I have just felt snowed under and overwhelmed, not coping well at all recently, including use of the internet. I am sending you all a virtual hug (is that what we do and call it now?!?). That in fact brings tears to my eyes as I could really do with a real one. I am still struggling more than I realise sometimes. It is not always possible to pretend to be fine is it? Here's hoping we will be able to meet up one day before too long. I am pretending and imagining now that we are in the village Hall in Blakenham right now!! That's better. HeartSong Family Carer struggling with anxiety herself and living alone

The Track " I now know what my arms are for" I really liked and could really relate to. I put the CD in with Mary's card. I could feel the love and Mary has at last got to hear your music thank you all for what you give to us. Music In Mind singer who's been unable to visit his wife who lives with dementia in a nursing home

It was good to sing those familiar songs along with you. Such care and support keeps the threads of our singing family together while we can't meet. ( Lifting Spirits singer who lives alone )

Thanks for the CD this week. It was nice to get something lovely through the post ( Wellspring singer living alone in her 80s )

**c. HOPE and the reassurance of being able to look back to a happier past and forward to a happier imagined future**

Thankyou so much for all you do to help us during this very strange time. It gives us hope that things will eventually get back to normal although as you say we will have to take one step at a time. Music In Mind singer mangaging depression and anxiety and living alone

When I listen, I am reminded of happy days and that more of those happy times will come.  
( Heartsong singer living alone)

It's lovely to hear familiar songs that remind us of a different time. It suddenly seems like only yesterday. They immediately evoke the spirit of our meetings! ( Heartsong singer who lives alone )

The sound of your voices will be a lovely, enduring reminder of the better side of lockdown and something to look forward to 'live' when it's all over. ( Lifting Spirits mental health Family Carer )

All your team work from Music In Our Bones is so much appreciated and is a cushion carrying us through until we can sing together again ( lifting Spirits singer )

**d. A way of combatting isolation with a singing connection that takes people to a different place**

Thank you for your posts over the past boring months! I loved the cds and have listened to them over & over. Lowestoft HeartSong singer with Parkinsons disease living alone

I really appreciate the C.D.s that you have been sending to me and would appreciate you carrying this on. I have used them and the CDs have helped me through this worrying and lonely time very much. Bereaved HeartSong singer living alone

I'm truly missing the social aspects of my life. That's why I'm really really happy that I can actually SEE you smiling on my lap-top whenever I feel the need for company and a jolly good sing. Feels like I'm with you while I'm watching it! ( Music In Mind singer )

I'm really enjoying all these sessions. I can dance round the room and sing at the same time!  
( Lifting Spirits singer who lives alone)

**e. For people managing life with dementia a place of safety and comfort - a renewed connection with a loved group and a return to a former self**

Your CD was a pleasure to listen to. P and I put it on after lunch and had a lovely singalong to it. Well P's been nodding and smiling you know. I have all the CDs on the shelf now and when our carer came in last night I put on our opening song for her and said 'this is how we carry on at Great Blakenham!' We won't be going anywhere til June and maybe not far after that as we've had our letters, because of my prostate cancer and P's dementia so the CDs coming really help. And I had a lovely call from X from the group, talked away for half an hour yesterday and then J ( volunteer ) rings every week. So thank you for all you're doing. ( A Family Carer in his late 80s from Musical Memories whose wife has advanced dementia and can no longer talk )

Thanks so much for the CD which arrived yesterday. As soon as N heard the intro, his face lit up! It sounds great, thank you for all the work you both put into it. Have been enjoying our Musical Memories what's app group too. ( A Family Carer in Musical Memories)

A Family Carer described the heart-warming effect that playing our CD through the TV had on his wife, who struggles with Lewy Body Dementia:

"M immediately got up, went to the screen, said "Oh hello hello!" dragged her chair to be nearer the source of the sound and sang through the whole CD with me (her husband) joining in in the background."

This was such a great chance to rest and relax together for a sing as M is often agitated and is always wanting to go out to see people.

## **PROACTIVE OUTREACH TO PEOPLE FROM OTHER CULTURES**

A Community Lottery Awards for All grant has enabled our link with the Suffolk Refugee Support to be continued although many of the original women we sang with have moved on, having new babies, or into education. The pandemic sadly stopped our gatherings but contact was maintained throughout the year with the International Women's Group, 3 women asking to receive regular CDs and 5 songs for children were filmed by Fran and Tracy to support women so often caring for children at home in difficult situations and our replacement sings on you tube being sent. These have been passed on using Whats app via the group's new leader. We hope to get involved in the year ahead via zoom with workers and volunteers from Suffolk Refugee Support too.

## **IMPROVING COMMUNICATION INTERNALLY AND EXTERNALLY.**

- Once half termly singing leader zoom meetings have helped support singing leaders to look after each other and to share our hopes and ideas moving forward in response to all we have learnt via phone calls from our singers. Twice weekly management zooms have been vital in adapting to changed needs creatively and in synthesising all we were discovering through our telephone support.
- **WEBSITE DEVELOPMENT.** Janine Tompkin our self-employed administrator has supported the development of the charity by working with Tracy throughout the year to develop a new website with links to other useful organisations and access both to a gallery of photos and to our You tube channel. It is a real resource for all our singers, to anyone enquiring and another great legacy of the year.  
<http://musicinourbones.com/>
- **ENABLING ON-LINE COMMUNICATION** Janine also supported 12 individuals to help them to start using zoom successfully, overcoming their anxieties and their isolation and linking them up to singing sessions with their group

## **Celebrations performances and fundraising**

Sadly all these had to be cancelled. An amazing £3000+ however has been sent in as voluntary donations from our singers as a thank you for our continued support.

We need to be mindful however that this is less than a third of what would usually have been raised from regular donations at singing sessions and our fundraising efforts.

Our success securing Coronavirus Emergency funding has this year, at least, allowed us to sustain our reserves at a term's worth of full costs - a positive way to enter the new year.

## **EVALUATION**

Critical to successful applications for funding in the future is our ability to accurately capture the varied ways in which singing with Music In Our Bones can change people's lives positively.

This year has been spent largely dealing with the sense of crisis and endless changes everyone has had to cope with during the pandemic, trying to adapt our offer to ensure continued support and encouragement from us all. Formal evaluation has not been appropriate as so many of our singers have been only just coping and we haven't wanted to burden them with written 'work'. However, feedback via our singers comments have been constant and hugely encouraging as evidenced above. In addition we have tried to capture the impact of our work in the following ways.

1. PHOTOS Taking photos at our garden sings allowed us to capture the delight everyone felt at singing with one another and having an event in their diaries to look forward to. <http://musicinourbones.com/galleries/gallery-lifting-spirits/>
2. FACEBOOK has been a vital way of enabling us to share our replacement singing sessions via you tube channel. This has proved very popular and we now have 189 'followers' up 38 from last year. ( Our first you tube singing session reached 500+ people and most singing sessions were enjoyed by 120-130+ people)  
<https://www.facebook.com/musicinourbones/>
3. SINGING LEADERS REFLECTIVE FEEDBACK Jennie Fran and Tracy met via zoom twice weekly to plan our work but also discuss and record significant news and feedback from our singers ensuring that crises whenever possible were avoided and help offered when needed. Case studies have been written from these diaries. Our telephone calls have revealed powerful information about the often compound difficulties and disadvantages people are managing.
4. WRITTEN EVALUATION VIA EMAIL AND FACEBOOK. As we haven't seen many of our singers, we haven't asked anyone for written feedback though a huge amount of positive impact has been sent in voluntarily via emails and facebook. Zooms as we emerge from the pandemic will include time reflecting on the impact of our offer.

## **PARTNERSHIPS 2020**

Our partnerships with Suffolk Family Carers, the Stroke Association, Suffolk Refugee Support, Sue Ryder's Dementia Together Service, Inside Out and remain strong. Our zoom outreaches with all but Suffolk Family Carers have offered us rich time with partners supporting their work and enabling us to reach new people in song.

## **FINANCIAL REVIEW**

### **POLICY ON RESERVES**

Music In Our Bones' aims to hold sufficient reserves to cover a 3 month period delivering all the singing projects we run. This requires the sum of approximately £10 000 to be accrued as this reserve. This has been achieved and added to in 2020 as the charity carried forward £12 554.

These strong reserves will help major bids in 2021 which require evidence of sustainable and sound financial management. The funds are also vital as they ensure sustainability for our singing communities if bids for funding are unsuccessful. Our reserves will be used to support unfunded projects whilst further applications are made to cover their costs.

### **DEBTS**

Music In Our Bones had no debts in 2020.

## **FUNDING APPLICATIONS AND PRINCIPLE SOURCES OF FUNDING**

We are hugely grateful to our funders in 2020 and to the support of the Suffolk Community Foundation. We were funded this year from generous donations of people who sing with us and from the following funders:

Our major source of funding in 2020 came via Suffolk Coronavirus Community Grants, Community Lottery Awards for All plus a Coronavirus Emergency Grant; Arts and Culture Fund: Suffolk Community Foundation JA Private Funds: the David and Jill Simpson, David Family and Maurken Funds : the last term of two years Henry Smith County funding : the Tudwick Foundation; Stowmarket, Bury and Ipswich Councillor and County Councillor

Locality Grants : Ipswich Borough Council's Community Chest Grant: D'Oyly Carte Foundation and Adnams Community Trust Grant.

Successful bids written in 2020 meant that we entered 2021 with the following in place:

**HeartSong: Gt Blakenham and Musical memories** – part funded Maurken Fund. Application for a Family Carer Grant applied for.

**HeartSong Bury** – currently unfunded. Family Carer Grant applied for with development of work with stroke survivors and people managing Parkinsons with their partners planned.

**Heartsong Lowestoft** – part funded by Adnams Community Fund, application planned for Essex and Suffolk Water in 2021.

**Stroke Songlines** part funded by Suffolk Fund Private JA for a second year.

**Lifting Spirits** – fully funded until July 2020 by Awards for All and Lottery Coronavirus Emergency Funding

**Wellspring** fully funded by David Family Fund until end of May 2021. **The group will close at the end of July 2021. This is due to it being unlikely that group singing indoors (alongside people from the community unrelated to residents) will be encouraged in the foreseeable future in nursing homes given the vulnerability of all concerned.**

**Music In Mind** part funded by Tudwick Trust and Ipswich Borough Council

## **DEVELOPMENT PLANS**

**2<sup>nd</sup> Musical Memories Bury** group to be started in 2021 following on-line Singing for the Brain training sessions to be attended by Mark Coburn and Tracy Sharp. 8 zooms sessions will then be run to attract new couples and support our own singers managing life with dementia on a voluntary basis for the Alzheimer's Society in 2021.

Continued development work with Suffolk Refugee Support initially joining their International Women's zoom group.

## **DECLARATION**

Music In Our Bones Trustees have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant

The trustees declare that they have approved the 2020 trustees report above

Signed on behalf of the charity's trustees

IAN HEYWOOD ( Chair )..... date:.....

IAN FLOWER ( Treasurer ).....date.....

ADRIAN STANNARD-SMITH ( Trustee).....date.....



**Report of the Trustees and  
Unaudited Financial Statements  
For The Year Ended 31st December 2020  
for  
Music In Our Bones**

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

**Music In Our Bones**

**Contents of the Financial Statements  
For The Year Ended 31st December 2020**

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# Music In Our Bones

## Report of the Trustees For The Year Ended 31st December 2020

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The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of 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) (effective 1 January 2019).

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Charity number

1166578

#### Principal address

203 Ranelagh Road  
Ipswich  
Suffolk  
IP2 0AH


#### Trustees


I Heywood  
Mrs E Gerrie  
I Flower  
O Knowland  
Mrs P Wagstaff  
F Blackwell-resigned 25 November 2020  
A Williams  
Ms J Goldsmith  
A Stannard Smith-joined 25 November 2020

#### Independent Examiner

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Approved by order of the board of trustees on 12<sup>th</sup> May 2021 and signed on its behalf by:

  
Trustee  
IAN FLOWER (TREASURER)

  
Ian Heywood (Chair)

**Independent Examiner's Report to the Trustees of  
Music In Our Bones**

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**Independent examiner's report to the trustees of Music In Our Bones**

I report to the charity trustees on my examination of the accounts of Music In Our Bones (the Trust) for the year ended 31st December 2020.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Date: ..... 27 May 2021 .....

## Music In Our Bones

### Statement of Financial Activities For The Year Ended 31st December 2020

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		3,983	29,222	33,205	40,708
<b>EXPENDITURE ON</b>					
Running Singing Workshops	2	5,646	29,976	35,622	41,316
Other-Accounts Review		540	-	540	570
<b>Total</b>		<u>6,186</u>	<u>29,976</u>	<u>36,162</u>	<u>41,886</u>
<b>NET INCOME/(EXPENDITURE)</b>		<u>(2,203)</u>	<u>(754)</u>	<u>(2,957)</u>	<u>(1,178)</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		14,753	16,948	31,701	32,879
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>12,550</u>	<u>16,194</u>	<u>28,744</u>	<u>31,701</u>

#### RELATED PARTY DISCLOSURES

During the year to 31 December 2020, there were three related party transactions. Ian Heywood (Trustee) and Fran Flower (wife of Ian Flower Trustee) both acted as workshop leaders on an occasional basis during the year, both being paid on the same basis as other workshop leaders. Ian Heywood received £1075 and Fran Flower £520. Liz Gerri (Trustee) received £14 expenses as a volunteer, being paid on the same basis as other volunteers.


The notes form part of these financial statements

**Music In Our Bones**

**Balance Sheet  
31st December 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	5	-	-	-	300
Cash at bank		<u>14,088</u>	<u>15,806</u>	<u>29,894</u>	<u>32,051</u>
		<u>14,088</u>	<u>15,806</u>	<u>29,894</u>	<u>32,351</u>
	6				
<b>NET CURRENT ASSETS</b>		<u>14,088</u>	<u>15,806</u>	<u>29,894</u>	<u>32,351</u>
<b>ACCRUALS AND DEFERRED INCOME</b>	8	(980)	(170)	(1,150)	(650)
<b>NET ASSETS</b>		<u>13,108</u>	<u>15,636</u>	<u>28,744</u>	<u>31,701</u>
<b>FUNDS</b>	9			<u>12,550</u>	14,753
Unrestricted funds				<u>16,194</u>	16,948
Restricted funds				<u>28,744</u>	<u>31,701</u>
<b>TOTAL FUNDS</b>				<u>28,744</u>	<u>31,701</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12<sup>th</sup> May 2021 and were signed on its behalf by:

  
Trustee  
IAN FLOWER (TREASURER)

IAN HAYWOOD (Chair)  


The notes form part of these financial statements

## Music In Our Bones

### Detailed Statement of Financial Activities For The Year Ended 31st December 2020

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	3,983	12,381
Grants	29,222	28,177
CD Sales	-	150
	33,205	40,708
<b>Total incoming resources</b>	<b>33,205</b>	<b>40,708</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Insurance	167	134
Postage and stationery	3,039	725
Publicity	30	1,272
	3,236	2,131
<b>Other trading activities</b>		
Tutor Fees- Workshops	21,864	23,703
Training- Workshops	2,701	4,648
Governance and Development	3,453	3,662
Respite- Workshops	112	802
Other- Workshops	-	10
Venue Hire- Workshops	2,177	3,708
Volunteer- Workshops	14	2,102
Transport- Workshops	130	400
CD Production	1,785	60
Fundraising Costs	-	90
Workshop-Leaders Meetings	150	-
	32,386	39,185
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	540	570

This page does not form part of the statutory financial statements

Music In Our Bones

**Detailed Statement of Financial Activities  
For The Year Ended 31st December 2020**

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	2020	2019
	£	£
Total resources expended	<u>36,162</u>	<u>41,886</u>
<b>Net expenditure</b>	<u><u>(2,957)</u></u>	<u><u>(1,178)</u></u>

This page does not form part of the statutory financial statements

**Report of the Trustees and  
Unaudited Financial Statements  
For The Year Ended 31st December 2020  
for  
Music In Our Bones**

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

**Music In Our Bones**

**Contents of the Financial Statements  
For The Year Ended 31st December 2020**

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<b>Independent Examiner's Report</b>	2
<b>Statement of Financial Activities</b>	3
<b>Balance Sheet</b>	4
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<b>Detailed Statement of Financial Activities</b>	18 to 19

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# Music In Our Bones

## Report of the Trustees For The Year Ended 31st December 2020

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The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of 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) (effective 1 January 2019).

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Charity number

1166578

#### Principal address

203 Ranelagh Road  
Ipswich  
Suffolk  
IP2 0AH

#### Trustees

I Heywood  
Mrs E Gerrie  
I Flower  
O Knowland  
Mrs P Wagstaff  
F Blackwell-resigned 25 November 2020  
A Williams  
Ms J Goldsmith  
A Stannard Smith-joined 25 November 2020

#### Independent Examiner

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Approved by order of the board of trustees on 12<sup>th</sup> May 2021 and signed on its behalf by:

Trustee

IAN FLOWER (TREASURER)

Ian Heywood (Chair)  
[Signature]

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**Independent Examiner's Report to the Trustees of  
Music In Our Bones**

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**Independent examiner's report to the trustees of Music In Our Bones**

I report to the charity trustees on my examination of the accounts of Music In Our Bones (the Trust) for the year ended 31st December 2020.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Date: ..... 27 May 2021 .....

## Music In Our Bones

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**Music In Our Bones**

**Detailed Statement of Financial Activities  
For The Year Ended 31st December 2020**

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