

Music In Our Bones
Registered Charity Number
1166578

Report and Financial Statements for the year ended 31 December 2023



Music in Our Bones

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Music in Our Bones

Reference and Administrative Information

Charity Name	Music in Our Bones
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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
	Oliver Knowland	
	Florence Richmond	Treasurer (resigned May 23)
	Adrian Stannard-Smith	
	Mark Tarala	Treasurer(appointed Feb 24)
	Pamela Wagstaff	Complaints Officer
	Allan Williams	

Bankers Barclays Bank PLC
 1 Princes Street
 Ipswich
 IP1 1PN

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.

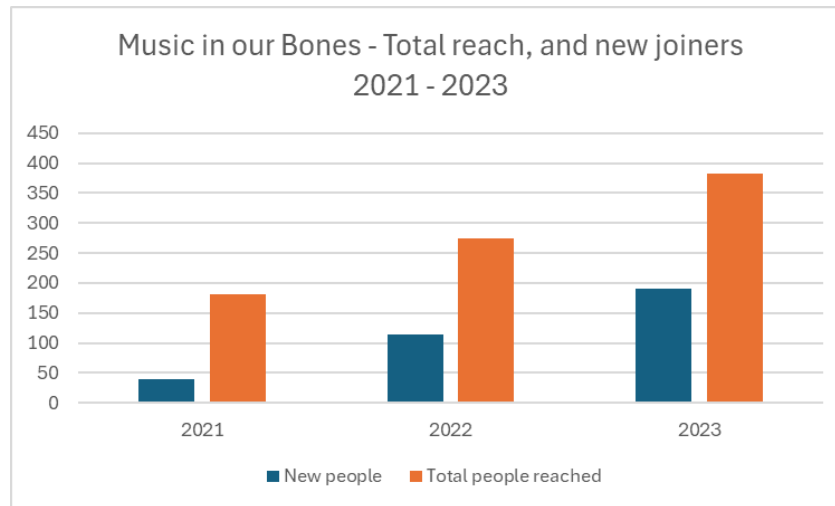
Objects of the Charity

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.'

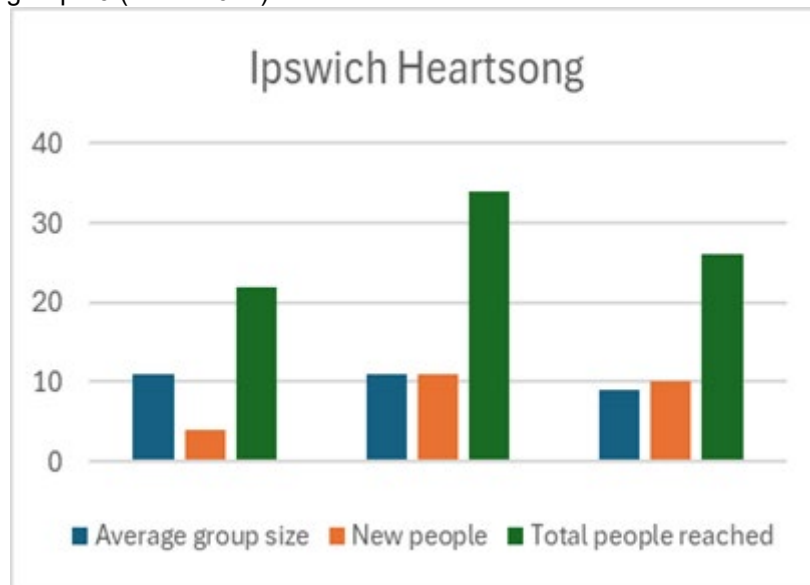
'It feels like being part of a community – an accepting caring group. It gives me hope and joy.'

- **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)



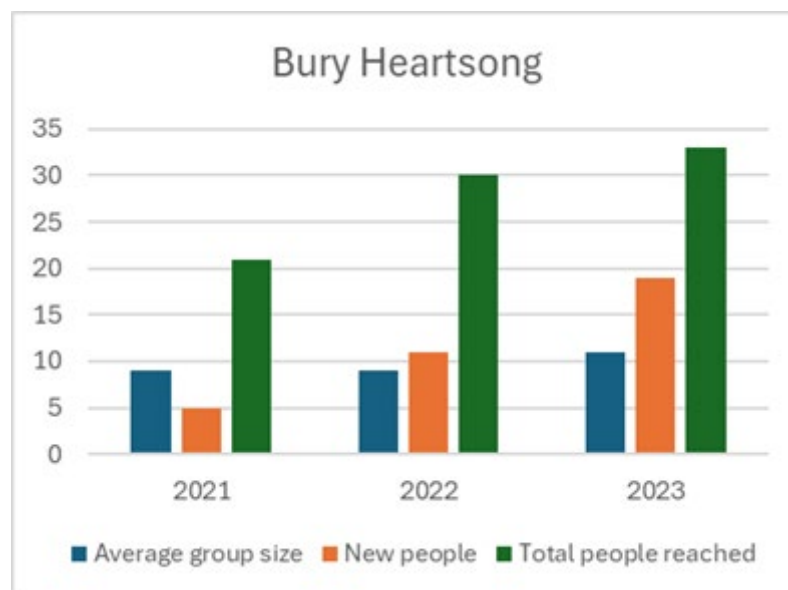
Ipswich Heartsong has provided a significant life-line to a smaller community of mainly older and some extremely isolated people. Most are without transport, volunteers or singing leaders bringing them to the group and for several people in the group, this is their only social contact outside of their 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)

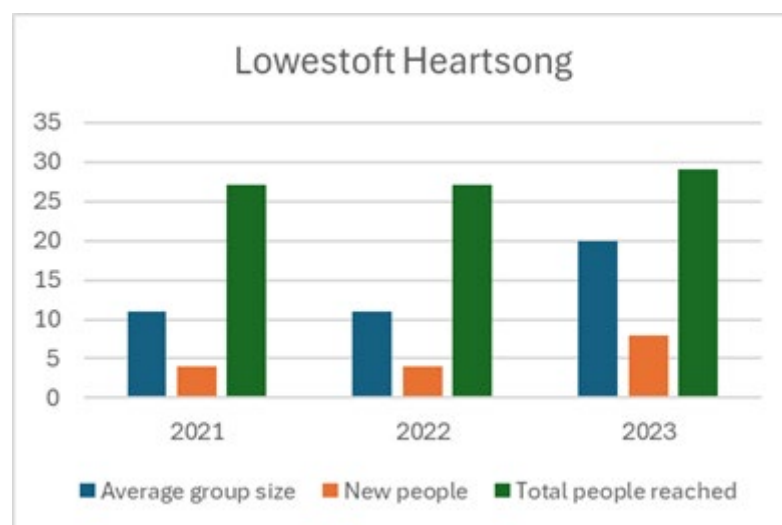


Music in Our Bones



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)

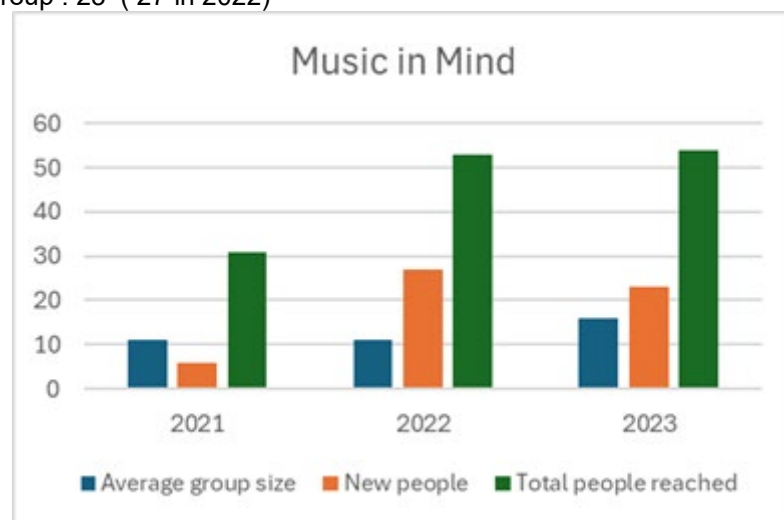


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This group is really flourishing, its members being hugely supported by a once monthly call from Helen Rolfe. Our links with other organisations are improving in the area but it has been mainly word of mouth that has led to newcomers joining us, some 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 like you were walking through treacle with no ending'

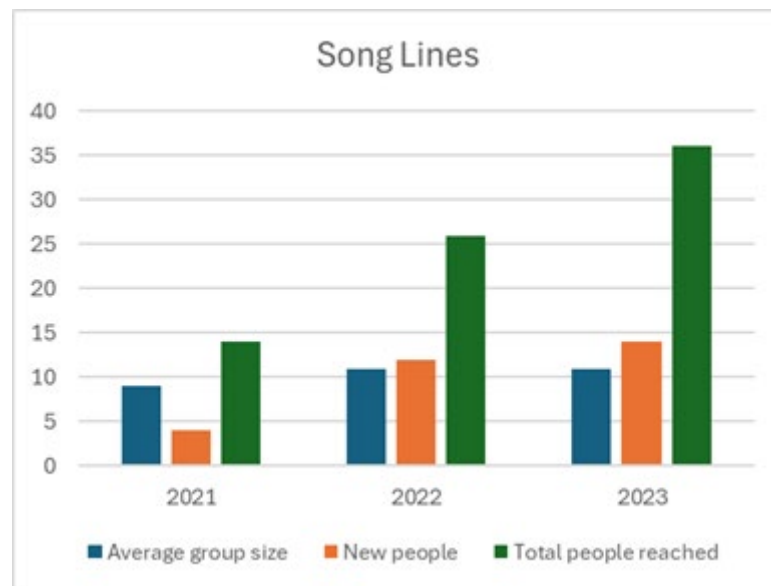
One young man, a newcomer to the group who manages life with moderate learning difficulties and autism always attends with his support worker. We were delighted when after various conversations he said he would like to sing for the group. It was a beautiful moment as he sang along to a track on his phone, 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 reteach 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.

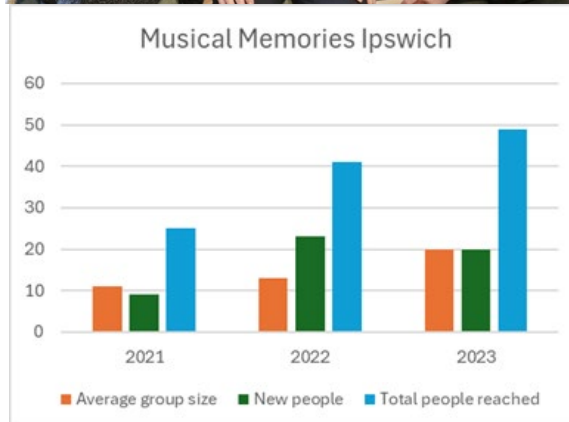
Songlines were full of admiration and applause as Jack shared his first (of many!) songs with them. He has quickly reformed his audience rapport and is a delightful sharer of songs (often funny ones we've not heard before!)

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!

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- **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

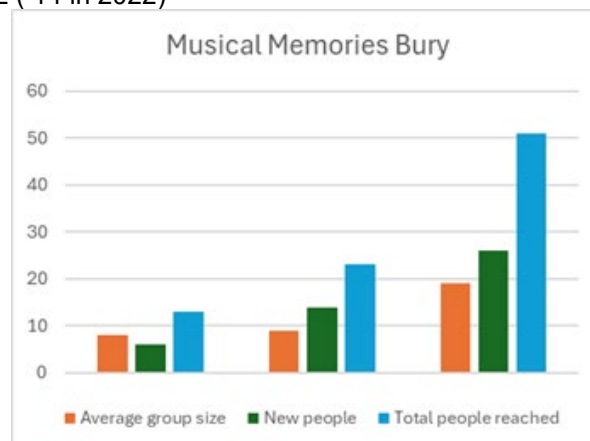
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floor. Outreach sings and our links in the group with Memory Lane Cafe has probably been key to this development. Family members as well as sometimes support workers sing side by side with people living with memory loss. The songs, as we all know, 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.

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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.'

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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
Total income	17,149	42,398	59,548	36,681
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)
Total expenses	(8,232)	(41,399)	(49,631)	(41,464)
	8,917	999	9,917	(4,783)
Reserves Brought Forward	17,619	20,597	38,216	42,999
Income / (deficit) from above	8,917	999	9,916	(4,783)
Transfer between reserves	(225)	225	0	0
Reserves Carried Forward	26,311	21,821	48,132	38,216

Music in Our Bones

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

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

Restricted

	Brought forward	Income	Expenses	Write offs	Closing balance
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)

Total restricted

Unrestricted

Total Reserves

20,597	42,399	(41,400)	225	21,821
17,619	17,149	(8,232)	(225)	26,311
38,216	59,548	(49,632)	0	48,132

Music in Our Bones

2022

Activity

Restricted

Ulrike Read Legacy
Awards For all Dec 2022
Awards for all April 2024
Ellie's Fund Nov 22
Tudwick Foundation Feb 24
David Munday Legacy
Maurken fund
Songlines Ipswich
Evdemonia April 23-Mar 24
East Suffolk CC for Low Heartsong
Suffolk and Essex Water Lowestoft
Sandy Martin May 22
Arts & Culture Fund May 22-Apr 23
Geoffrey & Nella Probert Jan 23
E&J Legacy Langlands Trust Jan 24
Heartsong – E Suff Council L'Stoft
Songrise
Age Unlimited
Cranes Fund CFWF
Thomas Wolsey 550 Nov 23
Suffolk Carers June 23 to May 24
Project Development – Working
Together
Project Management Henry Smith
April 22-Mar23
Other restricted projects

Total restricted

Unrestricted

Total Reserves

	£	£	£	£	£
	Brought forward	Income	Expenses	Write offs	Closing balance
		1,000			1,000
	6,812		(5,082)		1,730
					0
		2,000	(450)		1,550
		3,000	(2,917)		83
		1,000			1,000
					0
	1,979	5	(1,370)		614
					0
					0
	1,165		(1,030)		135
		760	(380)		380
		1,545	(530)		1,015
			5,000		5,000
					0
					0
	313	977	(455)		835
					0
					0
					0
					0
	4,150		(119)		4,031
	3,347	10,000	(10,138)		3,209
	12,183	3,077	(15,245)		15
Total restricted	29,949	23,364	(32,716)	0	20,597
Unrestricted	13,049	8,317	(3,746)		17,619
Total Reserves	42,998	31,681	(36,462)	0	38,216