

**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
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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 (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)



Here is a before and after picture of what people were feeling when they arrived and what they felt when they left. The more people using a word to describe their feelings, the larger the word. Its clearly powerful medicine and one without side-effects!

And our fundraisers carol sings and flash mobs have been attended by probably three quarters of the group, people often living alone really welcoming the chance to spend extra time with one another and enjoying the social time that runs alongside these events with people who they now feel relaxed alongside.

Run by Mark Coburn and Tracy Sharp fortnightly with a team of 3 excellent volunteers

Individuals reached : 32 ( 35 in 2023)

Average group size : 15 ( 11 in 2023)

New to the group : 15 (14 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 siong 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 & Bambiela. 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**

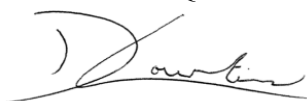
In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- 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

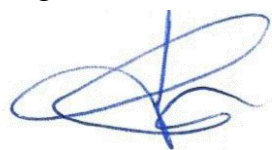
		2024		2023	
		Unrestricted	Restricted	Total	Total
	Notes	Ç	Ç	Ç	Ç
<b>Income from:</b>					
Donations and Legacies	4	11,611	36,055	47,666	59,548
<b>Total incoming resources</b>		11,611	36,055	47,666	59,548
<b>Resources expended</b>					
<b>Cost of generating funds:</b>					
Charitable activities	5	9,122	42,614	51,736	49,631
<b>Total resources expended</b>		9,122	42,614	51,736	49,631
<b>Net income for the year</b>		2,489	(6,559)	(4,070)	9,917
Transfer between funds		(10,964)	10,964	-	-
<b>Net Movement in Funds</b>		(8,475)	4,405	(4,070)	9,917
Total funds brought forward		26,311	21,821	48,132	38,216
Total funds carried forward		17,836	26,226	44,062	48,132

## 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>44,062</u>	<u>48,132</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>

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

£

£

£

£

£

	Brought forward	Income	Expenses	Transfers	Closing balance
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
Total	48,132	47,666	(51,736)	0	44,062

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