

MINDSONG

England & Wales · Charity number 1177043

Details

Status Registered

Legal form CIO

Registered 2018-02-07

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

Contact

Address Po Box 205
Tewkesbury
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Activities

Objects: To promote and protect the physical and mental health of people with dementia, other neurodegenerative conditions, and other health conditions where music would have a significant impact, and of those who care for them, through the provision of music therapy, meaningful music, education, support and practical advice

Activities: Our main service uses music to benefit people with dementia and their carers. People can access Music Therapy @ Home, Together in Song singing groups in care homes (led by trained volunteers), Music Therapy in care homes and Sing 2 Remember groups in the community and Mindset. We also provide programmes for people with chronic lung disease and other health conditions through Social Prescribing.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Elderly/old People, Other Defined Groups, The General Public/mankind

Geography

- Gloucestershire
- South Gloucestershire
- Worcestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£336,042	£352,582	-	-
2024-12-31	£346,131	£327,738	-	-
2023-12-31	£291,511	£324,945	-	-
2022-12-31	£266,398	£315,058	-	-
2021-12-31	£348,869	£244,571	-	-

Trustees

Name	Role	Appointed
ANGELA MARIE WILLIS	Chair	2025-09-22
Chloe Anne Bridgen		2026-03-16
Fiona Hodder		2026-03-16
Khady Judith Gueye		2025-05-19
Louise Suzanne Matley		2026-03-16
Martyn Douglas Smith		2025-03-24
Rev Jacqueline Ann Colburn		2026-03-16

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England & Wales - Charity number 1177043

Accounts

Charity registration number 1177043 (England and Wales)

MINDSONG

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025**

mindsong

MINDSONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Angela Willis (Chair) Martyn Smith Khady Gueye	(Appointed 3 February 2025) (Appointed 19 May 2025)
Charity registration	England and Wales	1177043
Registered office	28 Vine Way Tewkesbury Gloucestershire United Kingdom GL20 5FJ	
Independent examiner	BK Plus Limited 6 Manor Park Business Centre Mackenzie Way Cheltenham Gloucestershire England GL51 9TX	

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MINDSONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and talking groups for people with dementia at time of diagnosis. Alongside this we work with chronic lung conditions, Long Covid and heart failure.

Though we are primarily dementia focussed Mindsong sits predominantly within the creative health sector and is part of Arts on Prescription (Social Prescribing) in Gloucestershire. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

Meaningful music-making and singing lies at the heart of what we do. In an uncertain world, we aim to provide a supportive presence for the people we work with, whether they live with dementia or other health conditions, always listening with open ears and offering comfort and companionship.

All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

Who we work with

Mindsong creates and provides services across Gloucestershire that are tailored for people living with a dementia and their family and friends, helping to support wellbeing, decrease isolation, develop new relationships, and bring joy through music. We offer clinical music therapy sessions, community singing groups and volunteer-led singing with residents in care homes. We also aim to increase awareness and understanding of dementia through training and education.

The openness of our approach has enabled us to use the skills and experience gained within our dementia work to support people with other health conditions. We currently deliver supportive singing groups to improve breathing and quality of life for people with respiratory conditions, Long Covid and aphasia.

Whoever we are working with, meaningful music-making and singing lies at the heart of what we do. All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Hundreds of volunteers use their skills to work with us, alongside an employed staff team, a board of trustees and a bank of freelance music therapists and vocal leaders. The spectrum of services we offer, along with our fluid, connected, personalised approach at all levels of the organisation, makes Mindsong unique.

In an uncertain world, we aim to provide a supportive presence for the people we work with, always listening with open ears and offering comfort, companionship and, of course, music.

How we meet our Objects

Mindsong provides a range of services to people with dementia, and other neurological disorders such as Parkinson's and Huntington's disease, who live in care homes and their own homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our Music Therapy services.

Our Together in Song Singing Group service is provided by our volunteers who are trained and supported by our Director of Volunteer-Led Services and her team.

Our Sing 2 Remember groups are led by dementia awareness trained vocal leaders and supported by trained volunteers.

We regularly support dementia awareness sessions across the county and sit on relevant clinical programme groups.

We also take on additional projects where music can have a significant impact on health.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate support is available.

Achievements and performance

An Overview

2025 was a year of change in the county and we made it a priority to be part of the conversation. Our NHS Integrated Care System (ICS) and Integrated Care Board (ICB) began the process of merging with Bristol, South Glos and North Somerset. This has meant changes in personnel and the potential loss of mutually beneficial relationships we have built over years. Our local government bodies were also in flux, with several options open. This too has meant that funds have been more challenging to secure.

However, the work we have put in over the past 16 years has meant that we are already embedded in the county as a trusted and highly valued organisation, so our ability to navigate change proved pretty robust. We are optimistic that change can bring opportunities for growth too, as national and regional strategies look towards health and wellbeing in neighbourhoods and communities, which is where we thrive.

We increased all our services in 2025, despite the challenges in finding funding, meaning we cover more of the county than ever before. We have also added new staff members, volunteers and trustees.

We want to thank all our funders, both through grants and donations, such as the Julia Rausing Foundation, Syncona Foundation, The Foxley Charitable Trust, The Pears Foundation, The National Lottery, Zurich Community Trust, The NHS and Gloucestershire County Council.

Our gratitude knows no bounds to the many, many wonderful choirs, volunteers, local groups and those who have loved people with a dementia, who have raised money for us with such passion and kindness. The donations from this group of supporters are what keep us going.

We also want to thank everyone who works and volunteers for Mindsong. You are exceptional people, filled with compassion and the desire to make life better. No organisation could wish for more than that.

What follows is the detail of what these funds have allowed us to deliver. It's not until we write it all down that we fully appreciate the breadth and scope of what Mindsong is and does. We believe we are unique in the UK and we aim to be here for as long as we are needed.

Mindset

'Very good. I didn't know what I was letting myself in for. I really wanted my husband's support, and he's now realised I need his support. We've now put important things in place like our wills. Best thing is the support from the group.' Mindset Participant

Mindset is a 10-week post-diagnostic support course for people who have recently received a dementia diagnosis, and their family supporters. We provide emotional, psychological and practical support, helping people to come to terms with their diagnosis, and to share challenges and coping strategies in order to live as well as possible. Family supporters are given space and time to talk together, as well as specific support and personalised signposting.

'The course has been good. It helped me see things from a different point of view. I don't feel as isolated.' Mindset Participant

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Since starting Mindset in May 2022, we have delivered 20 courses across the county, 7 of them in 2025. 110 people diagnosed with a dementia have attended, with most having a family supporter attending alongside. We realise the different and sometimes additional challenges people diagnosed with Young Onset Dementia (YOD) can face, and so worked with family supporters of people with YOD to tailor our course material to make it more appropriate in addressing the needs of people diagnosed at a younger age. So far, we have run two courses specifically tailored for people with a YOD diagnosis, and their family supporters.

***'I found the course a good encouragement and it is good to know other people with similar health experiences to my own. I have found useful ways of dealing with the frustrations that come quite often on some days.'* Mindset Participant**

We follow up with everyone that attends Mindset after 6 months, to see how they are doing and if we can help with suggestions of signposting or referring to relevant organisations. We also welcome them into our other services in their location, so they can continue to be supported in the community by Mindsong. There is the opportunity to flow through our different offers as a dementia progresses, building trust and a relationship with family carers and with the person with dementia.

***'I can't express how much of a relief it has been to share experiences frankly with others who truly understand.'* Mindset Family Supporter**

***'This has been such a lifeline.'* Mindset Family Supporter**

We use the Positive Psychology Outcome Measure (PPOM; Stoner et al, 2017) to measure hope and resilience before and after each course. Results show that 72% of scores increased at post-assessment, indicating that the course helps to improve feelings of hope and resilience.

***'I was pleased that he was comfortable with the group of men and was able to listen and express his feelings and thoughts. Up until this point 'dementia' had been the elephant in the room. Now we can talk about it.'* Mindset Family Supporter**

The most common feedback is that people greatly value the opportunity to meet others in similar situations, which lessens feelings of isolation that often accompany a dementia diagnosis. Having a safe space to share feelings, challenges and strategies are also common aspects that participants find helpful.

The main themes that have arisen from the courses are:

- Helping participants to accept their diagnosis
- Exploring different feelings following diagnosis
- Giving participants confidence to talk about their dementia
- Empowering participants to try new things and meet new people
- Helping participants to focus on the positive things they can still do and enjoy

***'The opportunity to sit with other carers has been priceless! Chatting with someone who fully knows what 24/7 caring is like has given chances to laugh, share and learn –making new friends. Thank you I have loved it.'* Mindset Family Supporter**

The course itself encourages lasting benefits – it is about a change of 'mindset', both for the person with a diagnosis and the family supporter. A change from the devastating feelings that can accompany a diagnosis to how to live well and reach out for support. As well as changes for individual participants, we see changes between couples as well, as family supporters gain more understanding of dementia, how it might be affecting their loved one, and how they can work together to plan and put things in place to keep living as well as they can, both as individuals and as couples / a family.

***'[My husband is] better able to accept [his] diagnosis and [has] more willingness to talk about this.'* Mindset Family Supporter**

Our YOD Mindset courses have provided similar opportunities for people to feel less isolated and to share challenges and difficult feelings. Participants expressed strong feelings around being diagnosed, grief about the loss of work and a sense of foreboding about what the future might hold. Being able to express these feelings in a safe space with others going through similar times was cathartic and helped participants to move through some difficult feelings, to thinking about what things they could control and put in place to live well with the diagnosis.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

'I think the course has been excellent. I have learnt a lot about myself. It has given me time to reflect on things. Sometimes I can feel quite upset about a situation but given time to process my feelings, I have felt better.' Mindset YOD Participant

'I think it has been great, helping people and we have helped each other. I have been through a lot and am able to share my experiences and what helps me. I would love to come back and help others in future.' Mindset YOD Participant

Together in Song and Sing 2 Remember

'I love, love, love volunteering with Mindsong. Of course this is a generalisation, but I feel that older people and particularly those living with dementia can become invisible in modern society and I believe that what we do goes a long way towards showing those people how much they are valued, how we care and how much we want to make their life better. Any smile, show of emotion, movement and story told is, for me, what it must be like scoring a try in the Six Nations Rugby Tournament!' TIS Volunteer

Together in Song and **Sing 2 Remember** are Mindsong's two services that are led or supported by volunteers. These services support people living with a dementia both at home and in a care home setting. They also support carers, family members and friends and those who have been bereaved by dementia. When a person is given a diagnosis of dementia, those around them are affected by that diagnosis.

Evaluation

During the first half of 2025 we carried out an evaluation of both of these services. We evaluated over 1,200 responses to a folio of appropriate forms given to care home residents, carers, family members, care home staff, volunteers and community partners. The results of our survey were encouraging and reinforced our belief that what these services provide is overwhelmingly positive whilst highlighting areas where we need to try harder, the main one being in nurturing relationships with care homes. We have good relationships with Activities Coordinators but it is harder to make connections with management staff and this is something we will be working on going forward.

Together in Song

At present we have 66 singing groups in care homes and hospitals. These groups, which are called **Together in Song**, are led by trained volunteers who visit the home once a week or once a fortnight to sing with residents as part of a communal activity rather than a performance. Although our volunteers are not music therapists, they work from the music therapy ethos that is at the heart of Mindsong. Engagement equals benefit and our mission is to support and encourage residents to access and engage with the singing to the best of their abilities.

We have a team of **over 350 volunteers** who visit the care home local to them. Our volunteers have regular updates to their training. The singing is unaccompanied, spontaneous, often joyful, always emotional, and as rewarding for volunteers as it is beneficial for residents and staff too. There is a lot of chat which is almost as important as the singing and staff have repeatedly told us that the residents' moods can be lifted for hours after volunteers have left. Whether it is Elvis, The Beatles, Vera Lynn or Tom Jones, the sessions are about remembering, friendship and wellbeing.

The conclusion of our evaluation cited dementia champion Wendy Mitchell:

'The writer, Wendy Mitchell, who lived with young onset dementia, said in a television interview ('Lorraine' ITV):

'Whenever people hear the word dementia they think of the end... They forget that there's a beginning and a middle and so much life still to be lived.'

Mindsong's Volunteer-Led Services strive to give people living with a dementia, and those around them, enhanced quality of life and the tools and support to make the most of the period of their lives lived with dementia - beginning, middle and end.'

'I always come away from a Mindsong session on a high'
S2R participant

Sing 2 Remember groups are for people living at home with a dementia and their carer/partners; for people experiencing loneliness or isolation; for anyone who would benefit from the friendship and community of a regular singing group and for those who may no longer feel comfortable singing in a more formal choir. The groups are

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

fortnightly, and they are led by an experienced vocal leader supported by volunteers. We have a team of 8 vocal leaders who also provide cover for each other where possible.

Each session starts with stretches, breathing exercises and warmups and we sing for about an hour followed by refreshments and chat. We sing well known songs, unaccompanied, and always include rounds, partner songs and songs which include seated movement. We connect with local community support workers, such as Alzheimer's Dementia Advisers and Community Dementia Nurses, who will drop in to catch up with clients and offer support and information. The sessions are free, and people are invited to make donations if they are able to.

We have 16 Sing 2 Remember groups across the county. In 2025 we added new groups in Charfield, Matson, Bourton-on-the-Water (a second group there), and most recently in Winchcombe. Now that we have established groups in all areas of the county, our focus is on providing our services in areas where people may find it difficult to come out to the groups unsupported. There is more work involved in identifying people who would benefit from the groups and then in helping those people to access them.

There is also a weekly online singing group that has met every Friday since the April of Lockdown. One great aspect of the online group is that relatives who live further afield can connect on a weekly or drop-in basis – and they do! We are also joined each week by the 20+ members of Kimbrose Day Centre who access the group on their smart TV.

***'I think I benefit and take heart from the love and compassion, which the carers consistently (in the group) show to their partners, even though we know that they are hardly ever 'off duty'.
S2R Volunteer***

To quote from the evaluation, 'The predominant request from those who took part in the evaluation is that there is a need for more S2R groups and that people would benefit from groups being weekly rather than fortnightly.'

Together in Song

***'It is nice to have the same people come every week. They know me and what I have.'
TiS participant***

Together in Song is a service which provides regular weekly or fortnightly dementia friendly singing groups in over 60 care homes in Gloucestershire. We also visit Willow Ward, the dementia ward at Charlton Lane Adult Mental Health Hospital in Cheltenham, and Thames and Coln Wards at Cirencester Hospital, and have groups in 6 Day Centres. The groups are led by trained volunteers who, although not music therapists, work from the music therapy ethos that is at the heart of Mindsong. We have a team of around 350 volunteers, who visit the care home most local to them. Our volunteers have regular updates to their training.

'I have had residents who seldom connect with conversations because of speech or processing difficulties associated with dementia, who when attending Mindsong singalongs suddenly join in the singing with all the right lyrics and melodies' activities coordinator

The singing groups are inclusive: we sing 'with' not 'to', at a pace and pitch that allows all residents to join in to the best of their ability. Engagement = benefit, the more they can join in the more they will benefit from the sessions. The groups are about friendship, chat, finding out about residents, connecting with them and using songs as our tool to do that. Singing is the key that helps to unlock memories, and the benefits from the singing can last long after that activity itself, often helping with memory, movement, eating, communication.

Areas of change and growth in TiS

Our aim this year has been to improve the infrastructure of our services making it futureproof should any of our team need to step away at any point. This has involved work on our databases, reorganisation of our google office from something that has evolved with the service, into something that is accessible by the team and fit for purpose.

We have also upgraded the level of training that we offer to volunteers including training workshops to replace our twice-yearly volunteer gatherings. We have encouraged all our volunteers to attend a 1-2 hour dementia awareness training and a Level 1 Safeguarding training.

Training

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

As well as the recruiting and training volunteers we have continued off the following training across the county:

- University of Gloucestershire Year 2 Popular Music students Term 2 project within the Music and Business module
- Dementia Awareness for Gloucester Academy of Music Stand By Me multigenerational dementia groups vocal leaders.
- Creativity training session for Gloucestershire Dementia Education Strategy Team as the final part of their 12-week (one day a week) Progression of Dementia training for dementia professionals in the county.

Summary

We are always looking to strengthen and to grow. This year has been huge for both of those things. The evaluation has given us a clear assessment of how our services are received by all users, volunteers and our own teams. This process consumed much of the first half of the year but we were still able to start four new Sing 2 Remember Groups and 8 new Together in Song groups. We upscaled our trainings for volunteers and our delivery of dementia awareness sessions. We strengthened our links with community partners and other organisations through collaborations, inviting professionals from other groups to our training workshops to learn from them and forge mutually useful relationships.

On the ground level volunteers continue to get to know residents and group members, forming genuine friendships and understanding, and benefiting from the relationships every bit as much as those in receipt of their kindnesses.

'It is a wonderful thing to make people come together, sharing a common liking for singing the way they would have done it at home with their families and keeping not only their cognitive functions going but the memories that are brought back to them alive. Any activity coordinator can facilitate a sing-along but Mindsong brings something very special due to the wonderful unique people they are. A huge thank you to All for the joy your hard work, kindness, and compassion brings with every session'. activities coordinator

Music Therapy at Home (MT@H)

'[The sessions] were amazing. In 55 years of marriage, I've never heard her sing and certainly never considered playing an instrument. It was nice to hear and see and she loved it. Before sessions, I used to walk in the kitchen and she'd be crying, but that all went. She's a bit more upbeat generally. She loved [name of Music Therapist]. She was buzzing. She enjoyed the songs that they sang. She's got a folder with a list of all the songs.' Family Carer, MT@H

Mindsong's MT@H service is for people living with an advanced dementia (or dementia where there are complex symptoms or circumstances) being cared for at home by a family member, friend or professional carer. MT@H is now in its 10th year, and has been supported every year with part-funding from Gloucestershire's Integrated Care System (ICS) via our NHS Dementia Commissioners. We have recently achieved longer-term, 3-year part-funding from Gloucestershire's ICS.



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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

In 2025, we were awarded Highly Commended in the 'What Matters Award' category of the NHS South West Personalised Care Awards.

We are working with people who are at a vulnerable and challenging point in their lives, and we provide a service that listens, cares, and tailors Music Therapy and the wider support we offer to each individual case.

'She is not as agitated and anxious as she used to be. She seems a lot more relaxed now and is sleeping much better too. For me, I felt supported and the therapy has helped me through some rough times.'
Family Carer, MT@H

In 2025, we received 112 referrals from across the county into this service, 75 of which went forward for Music Therapy, where we provided 12 weekly sessions of Music Therapy in the home for the person with a dementia, and carer alongside, wherever this was possible.

Outcomes

The Music Therapy supports outcomes such as a strengthened sense of identity for the person with a dementia, improved or new ways of communicating, strengthened relationships between family members, and an increase in feelings of wellbeing for all involved. Significantly, we are able to support family carers and reduce feelings of stress and carer burden.

'She is generally sleeping much better now – she doesn't walk now so she's not wandering at night. I do play music at night time, so that goes through the night. Music definitely helps to sooth.'
Family Carer, MT@H

In addition to the therapy, our therapists work with the family/couple to create personalised musical strategies to support daily care and wellbeing beyond session times. We get to know the couple/family and their situation, and signpost to other support services that would be most helpful. We advocate for our clients where appropriate and with their permission.

'She [the therapist] has also been very helpful contacting Social Services for me, and just being a real sounding board for me when I really needed it.'
Family Carer, MT@H

As well as gathering feedback from the people we work with, we use the validated measure, 'MyCaW' (My Concerns and Wellbeing; Meaningful Measures, 2020) to evaluate MT@H. Results show that 80% of concerns identified by family carers improve following the Music Therapy intervention. In addition, 58% of family carers' wellbeing scores also improve at post assessment. This evidences that MT@H is successful in supporting people with advanced dementia and their carers, and addresses aspects that carers identify as the most important to them and the person they are caring for.

'I've loved it myself, and he has. It was a joy for me to watch him enjoying it so much. He became so serious about the song singing – oh, it was wonderful and brought tears to my eyes to see him so intent. There's nothing else that he tries hard with.'
Family Carer, MT@H
'I'm so grateful for what [Mindsong] does. It means a lot that someone shows they care, for me as well as for my husband.'
Family Carer, MT@H



'The whole of Mindsong is great ... everyone I have dealt with have been so caring and supportive. It has all made such a difference to our lives.'
Family Carer, MT@H

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Music Therapy at Home (MT@H) Case Study

This case study is shared by one of our Music Therapists, Rachel Knowles-Matthews, and gives an illustration of how MT@H can support a person living with a dementia and their family member. Every case is very different, but I hope this gives a flavour of our work. Consent to share this story was gained from the participants and therapist who facilitated the work. I have changed the names of the participants to protect confidentiality.

Margaret and Colin

'Margaret was referred to Mindsong for MT@H by her Alzheimer's Society Dementia Adviser. The main reason for referral was to support with mood and communication.

Margaret was diagnosed with Young Onset Dementia with Alzheimer's Disease. Margaret's husband, Colin, is her main carer. They also receive support from a carer who visits for a couple of hours a week. Margaret had MT@H previously but was re-referred as her dementia has deteriorated and she struggles significantly with her speech, which has caused a lot of tearfulness and anxiety.

MyCaW (My Concerns and Wellbeing, Meaningful Measures, 2020)

We use MyCaW to evaluate our work. Using this tool, one or two concerns that we may be able to help with are identified and rated as to how concerning they are for the carer. In the first Music Therapy session, Colin shared two concerns:

1: Communication 2. Mood

On a scale of 0 to 6, where 0 = "not bothering me at all" and 6 = "bothers me greatly", Colin rated the first concern at 4 and the second concern at 5. Where 0 = "as good as it could be" and 6 = "as bad as it could be" he rated Margaret's overall wellbeing at 5.

Music Therapy Sessions

I saw Margaret for 12 sessions between June and September. Each session lasted approximately an hour. Colin was not present during sessions but was in the next room just in case Margaret felt she needed him.

Summary of Key Outcomes

1. Communication & Engagement: Through music therapy, we were able to find a new way of communicating. I modelled ways of connection through sounds and songs at Margaret's pace, through voice, keyboard and listening to music. During the initial sessions Margaret sang, as this was her musical background and her main form of expression, but seemed uncertain about new ways of exploring music, such as the keyboard.

Margaret also presented anxiety when communicating with me and she sometimes shared 'my head isn't...' and 'I'm not very good'. There was a physical distance between us, but she felt more comfortable and secure having a Highland cow plush toy named 'Harry/Graham' in sessions. I would communicate with Harry/Graham and Margaret would respond comfortably through the plush toy.

As sessions progressed, Margaret showed confidence in exploring beyond singing. She would independently play the keyboard whilst singing along to her keyboard playing. She would also make choices by using single words or through body language/eyes moving towards her musical choice. The physical distance closed between us and Margaret seemed to feel more trusting of me as I sat next to her and we created music together.

2. Wellbeing:

Once we had created a trusting relationship, I observed that the music we shared lifted Margaret's mood. Margaret, having a love for music and singing throughout her life, enjoyed using her voice in sessions.

During the earlier sessions, Margaret would sing softly, normally to herself, looking away and choosing not to engage with me. As the weeks went on, Margaret offered me smiles, and mirrored body movements, and she shared her voice with confidence.

When singing, Margaret often wouldn't sing the words, and she seemed conscious of this in my presence. But as I mirrored her way of singing, this seemed to validate her and give her confidence to be in the moment with me. During the later sessions, Margaret filled the room with her voice and opened a space for me to sing with her.

Colin shared that *'giving Margaret more music [in her life] has been the best thing'*.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

3. Identity: Over the twelve weeks Margaret became more confident in her communication with me, and she would initiate conversations with me directly. She sometimes reflected on the music we created, sharing 'that was fun', 'good', 'yes I liked that'. Margaret also commented on things she experienced around her, such as, the weather, stating 'it's a lovely day' or 'oh look', if it's raining heavily, or 'oh can you hear that?' if there were strong winds.

Our interactions become more playful as time went on, bringing out Margaret's inner child. Colin shared that Margaret's inner child has shown itself on recent occasions, so it seemed positive and beneficial for Margaret to have a space where she was free to be child-like. Margaret shared her sense of humour with me, as we listened to some of her favourite songs from musicals, such as, The Sound of Music and Disney. When there were funny parts in the songs, Margaret would become lively and act them out and laugh. I shared this experience with her by matching her energy and this would sometimes see us in fits of laughter or dancing in a silly way.

MyCaW Follow-up Form

On revisiting this with Colin during session 12, Colin's post score for the first concern was 3 (improved by 2) and for the second concern was 3 (improved by 1). The wellbeing score was 4 (improved by 1).

Colin and Margaret shared how beneficial it was to have MT@H again saying it was a '*positive experience*'. Colin emphasised how the MT@H service '*helped Margaret with her anxiety*' as group/choir settings have become too overwhelming for her. Furthermore, Colin shared how '*giving more music to Margaret has been the best thing*'.

Beyond Music Therapy

Margaret currently sees her friend Joan for weekly singing lessons which support Margaret's love for singing. I offered Colin and Margaret various ways to introduce more music into their home.

As Margaret engaged so well with the keyboard, I recommended Colin to invest in this instrument. As Margaret used to play piano and Colin enjoys technology, I felt this was a nice activity they could enjoy together. The keyboard is accessible for Margaret, and it comes with apps which Colin can explore.

Colin and I also discussed the potential benefit of playing music during mealtimes. These seem to be an anxious time of day, so having music in the background may support Margaret's mood. In addition to the music/radio stations they listen to, I recommended BBC Making Memories and Music4Dementia.

It was a pleasure working with Margaret and getting to know both Colin and Margaret over the twelve weeks. I'm grateful to them welcoming me into their home each week. I wish them all the best for the future.'

Rachel Knowles-Matthews
Music Therapist, Mindsong

Date: 15/09/2025

Further feedback from Colin:

In conversation with a member of the team following the MT@H intervention, Colin commented that Margaret became much more confident with Rachel as the sessions progressed.

'She simply loved the sessions. She became more friendly and relaxed. These sessions coincided with a new anti-anxiety drug, and the music helped this transition.'

Colin said that they found in the sessions that Margaret's fingers were still able to work and play the keyboard, so they have bought one. ***'And now she is making music and very happy. It has made me so happy to see her so happy. Music is Margaret's one remaining pleasure.'***

Creative Health – Breathe in Sing Out

Breathe In Sing Out (BISO) is Mindsong's respiratory programme, providing group support for people with a wide range of lung conditions, helping them to manage breathlessness, support wellbeing and create new social contacts. In 2025 we also opened up the groups to people diagnosed with heart failure, who can equally benefit from optimising breathing through tailored exercises and singing.

Groups continue to run in community venues in Cirencester, Cheltenham, Dursley, Gloucester, Stroud, Tewkesbury, Lydney and online. We were very pleased to bring all the groups together in September for one of our BISO celebration events at the Farmer's Club (last held in 2022). This was a lively afternoon co-led by the four vocal

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

leaders Emily, Kirsty, Rose and Ruth and attended by participants from most of the groups, with plenty of positive feedback:

"Great to meet other groups.... Enjoyable and uplifting... Thank you all, great afternoon... Exciting new people... Wonderful afternoon! Can't wait for next year!"

There continues to be a steady flow of referrals, increasingly from Social Prescribers and respiratory nurses who are becoming more aware of what we offer. All the groups are well-attended. As well as visiting PR sessions (exercise classes for COPD) we were asked to provide taster sessions for other groups including the Heart Failure team, the Breathe Easy group in Gloucester and the Pulmonary Fibrosis support group at Sue Ryder Hospice in Leckhampton. All of these were very well received and help to promote what we do.

We have also taken up other opportunities to promote and publicise the service at local and at national level. In the spring I joined a panel of presenters at a webinar convened by the Singing for Health network. There was much interest from a national audience in our service and especially in how we have achieved long-term NHS commissioning. During the autumn the local ICB invited us to attend a series of "Staying Well in Winter" events for people with long-term conditions. These were hosted across the county by Primary Care Networks (GPs) and were a great opportunity to network with other organisations, and to meet many people interested in using our services (dementia as well as respiratory).

In December our Long Covid support group that we have run online since 2021 came to an end, following a period of review and consultation. There had been a very significant drop in referrals and interestingly, those we have received recently all expressed a preference for in-person groups. This also appears to be the recommendation from the new Long Covid service run by G-Doc. We have spent time working with group members to ensure that they are signposted to other services and in particular to our BISO groups. Some have taken this up and are continuing to benefit, while others feel they can manage without further input, as outlined in this email from one participant:

I think that the previous two groups have helped me enormously and that I have probably gained as much as I can from the excellent advice and exercises. It's been great fun and has restored my enjoyment of a very simple yet challenging activity. Your therapists are excellent. My lungs have improved their capacity slightly; I am breathing correctly rather than panting and I am group singing once a week again which is most enjoyable. Thanks very much Mindsong and I will not be joining any further groups thank you. All good wishes to you and your wonderful therapists.

Last but not least, in September we welcomed Laura Lynch in the new role of BISO Services Co-ordinator. Laura works 14 hours a week and has already done an amazing job of taking the administrative reins from Julia and myself. Working in close collaboration with Julia and Shirley, a major focus has been getting to grips with NHS data submission and rationalising how we use Charity Log most efficiently for the BISO service. In the early spring we will start more strategic planning for how we promote and market the service.

Equity and Diversity

May 2025 saw the launch of two projects during Dementia Awareness week. Both of these were the result of collaborations with individuals and community groups that I have developed over the last two-and-a-half years.

1. Sounds of the Soul

I worked closely with Juwairiyia Motala, (Community Engagement and Involvement Manager at Gloucestershire Royal Hospitals) and outreach worker Sumeyya Vaid. Working alongside the South Asian Muslim Womens Group at the Friendship Café in Gloucester, we developed **Sounds of the Soul**, a playlist that reflects their cultural and religious preferences and is appropriate to help support Muslim people caring for relatives with dementia.

The playlist can be found on our website, as well as an introductory film featuring various members of the Muslim community who generously shared their time, knowledge and experience to support this project.

We were delighted that local community leader and senior Islamic scholar Mufti Abdullah Patel also endorsed the project:

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

"I am happy to endorse Sounds of the Soul project and believe it is a positive initiative to help Muslim patients with dementia. The playlist consists of beautiful Qur'an recitation by well-known Imams and Qurra' and popular vocal only Nasheeds.

Exposing people living with dementia to the noble words of the Holy Qur'an and soul-stirring Nasheeds recited in sweet, melodious tones will not only soothe the heart and mind of the listener, but bring much needed spiritual solace. Moreover, I am hopeful this will be a powerful stimulus for reaffirming personal identity and connectedness with earlier periods of life.

I am grateful to Mindsong for supporting this project for Muslim people with a dementia.

Juwairiya and I are continuing our work together, joined by Saleha Moolla (Community Engagement, GCC) and Music Therapist Rachel KM, to complete a similar project with the Older People's group at the Hindu Community Centre in Cheltenham. Our playlist has already been drafted and we are looking forward to reviewing it and collaborating further with the group in 2026, with a view to launching it during Dementia Awareness Week next May.

2. Together in Music:

Working with Laura Morris from the Alzheimer's society, the aim of this has been to provide a dementia-friendly community music and singing session that caters specifically for a more ethnically diverse population. Following the launch in Dementia Awareness Week, we run a monthly group at Charter Court in Gloucester, with dates set into Spring 2026. The Alzheimer's Society fund and manage the session and Mindsong provides training and ongoing support for a small team of musicians of Black Caribbean heritage who facilitate the sessions, led by Pastor Charles Campbell. We are still looking to increase membership and promote the group further as well as recruiting and training more musicians from the local community.

During the year I have continued to visit the monthly **Barton & Tredworth Memory Café**, run by volunteers from Ebony Carers. A couple of times a year they ask me to provide a music session for the group and at the final meeting before Christmas our therapist Rachel Knowles-Matthews came along to support me for the first time with this. It was a successful and well-attended event.

In September, Juwairiya and I met with the Muslim Chaplain Atiq Miah and his team of Volunteers at Gloucester Royal Hospital. Some of them support people on the maternity wards and this work can be very challenging.

We had a very engaging discussion with them about how the Sounds of the Soul playlist might be used to support older people on the wards and also talked more generally about the role of music/sound in supporting mental health and wellbeing. Following this meeting I took up Atiq's invitation to contribute to **Gloucester Interfaith Open Mic Evening** which he organised and hosted during Interfaith week in November at Roots Café in Gloucester. There were 25 contributors (including myself) of different faiths or none, who shared poems, readings and music. Being a part of this event felt both affirming and meaningful for me and it was particularly good to hear the voices of so many different community members in a safe, welcoming space.

Impact of E&D work: I'm very pleased to note that as a result of my ongoing outreach work with the communities mentioned above, we have had 3 families receiving our Music Therapy at Home service this year. In one case, there is no other engagement with dementia services at present, but as trust is building with the therapist, we are beginning to see openness to accepting further support.

Finally, I am looking forward to presenting the **Sounds of the Soul** project at the **World Music Therapy Conference** in Bologna, Italy in July 2026.

Ruth Melhuish Deputy-Director of Music Therapy 2025

New Training from the Mindsong Music Therapy Team

During 2025, Ruth and Maggie worked with Mindsong Music Therapist, Nick Atkins, to develop a training for professional care staff, to help them to use music as a tool in caring for people living with a dementia. Nick delivered the training to staff at Wentworth Court, Cheltenham, and also to staff on the acute ward for dementia at Charlton Lane hospital. The training was delivered with an experiential approach, and included encouraging staff to reflect on their own responses to music, through to modelling ways of using music spontaneously in the moment to support care and wellbeing. The training went very well, and we received this feedback from Wentworth Court:

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

'Mindsong devised a training progress to our brief, which was delivered by Mindsong Music Therapist, Nick, over a period of two days in August and September 2024. With a number of sessions over the two days, more than 100 staff were able to be trained. Before the training, colleagues did not know what to expect, and even had some reticence about the training. Nonetheless, on the day the experience was highly interactive and participatory. It was clear from observing and participating in the sessions, that colleagues were fully engaged, soon losing their inhibitions to join in with music making and sharing their thoughts on how best to implement the music into the daily lives of our residents.'

Nick's style was pitched perfectly for our staff, and the feedback we received was extremely favourable. Team members have increased their awareness of the value of using music in their delivery of everyday care, as well as being encouraged to draw upon their own personal experiences to empathise with residents and recognise the role that music can play. The music therapy sessions will be included as part of our induction programme for new staff.'



Mindsong Music Therapist, Nick Atkins, delivering training at Wentworth Court Nursing Home, Cheltenham.

Dementia Education Films

During 2025, our ICS Dementia professionals partnered with the University of Gloucestershire, Wentworth Court Cheltenham, and Hanover Court Cheltenham, working with the film and TV producer, Kimberley Littlemore, to produce 10 short dementia education films. These films are on different topics, and can be accessed at Kimberley's Pocket Medic website: pocketmedic.org

We were thrilled to be asked to be part of a film looking at meaningful engagement for people living with a dementia; our part obviously focuses on engaging people with music! Mindsong volunteers Philippa Dancey, Angela Willis and Jo Simons were filmed as they sang with residents at Wentworth Court, and there are some clips of me talking about how and why music can help.

Mindset / Living Well with Dementia Film

We were also thrilled to be asked to collaborate with Prof Rik Cheston and Dr Emily Dodd at UWE Bristol, on a film about Mindset. This lovely and very positive film aims to show people what is involved in a Mindset course, and is available on our website.

Gloucestershire Creative Health Consortium

We have worked together with our partners in the Gloucestershire Creative Health Consortium on many different projects over the year, and it feels as if the Consortium itself has become more consolidated, with strengthened relationships between partners and a shared vision for Gloucestershire. Areas of work have included working together on a bid for the Summerfield Trust looking at how we can further embed and uphold Arts and Culture in Gloucestershire, and providing a joint creative health workshop for the new Arts, Health and Wellbeing Centre at the University of Gloucestershire.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Voluntary, Community and Social Enterprise Strategic Partnership Member

It has been an honour to have been elected onto this Partnership and I am enjoying meeting members from other organisations across Gloucestershire, finding out more about their work, and also how systems operate in the county. As part of this role, I am part of Gloucestershire ICS's Neighbourhood Portfolio Board, which has been created to help support the vision and shift to community and place-based services, in which the VCSE will play a key role.

Maggie Grady 21/1/2026

Charitylog – an investment in Mindsong's future, funded by Zurich Community Trust

An overview of Mindsong's journey in implementing Charitylog as our core client and service management system.

Why the change was needed, what we have learned, and how the system now supports our strategic goals, governance responsibilities, and future growth.

When I joined Mindsong in April 2019 as Administration Assistant to the Music Therapy @ Home service, the organisation was supporting a small number of families, and all administration was managed by Maggie Grady. Client information was stored in Dropbox.

The introduction of recording the increasing amount of information we were holding onto Spreadsheets was implemented enabling us to begin capturing data that had previously been unrecorded.

At that time, this system worked, but it was never designed to support growth.

As referral numbers increased, from around three per month, to seven, and now an average of twelve per month, and as the number of therapists and service strands expanded, it became clear that spreadsheets were no longer a sustainable way to manage client information. They were time-consuming, prone to error, and limited in what they could track or report. We needed a solution that could handle both the volume and complexity of our work, while helping us demonstrate our impact.

At the same time, external requirements grew. Funders and the NHS increasingly required robust qualitative and quantitative data, evidence of impact, and clear reporting — all of which were time-consuming and difficult to extract from our existing systems.

In 2021, we began a search to try to identify a system that could replace Dropbox and spreadsheets while meeting Mindsong's specific needs.

One early option explored was Upshot, a Monitoring, Evaluation and Learning system. Although this option was ultimately unsuccessful, it proved to be a valuable learning curve, helping us to clarify exactly what we required in terms of functionality, flexibility, and cost. What became clear was that no off-the-shelf system would fully meet our needs unless it could be tailored to how Mindsong actually works

In 2023, Charitylog was recommended to us as a potential solution.

Charitylog is one of the UK's leading suppliers of cloud-based IT solutions designed specifically for the charity sector. They have been operating since 2004 and support tens of thousands of users across more than 1,000 charities, not-for-profits, councils, and community interest companies.

Charitylog stood out because it offered a system that could be shaped around Mindsong's services, rather than forcing us to change our way of working to fit the software.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

We began our relationship with Dizions (Charitylog) in 2024 with implementation and migration of data carefully phased and supported, with three structured training sessions;

- **19 June 2024** – First training meeting
- **1 August 2024** – Second training meeting
- **2 July 2025** – Half-day training session, with a further half-day still to be scheduled for all admins

Charitylog's features align perfectly with our needs: case and contact management, robust reporting, impact measurement, and GDPR compliance, alongside strong support and training.

The system enables us to:

- Control referrals and cases and record all interactions in one place
- Record sessions and attendances
- Customise fields so we capture the exact data we need
- Anonymise data where required
- Link information and signpost to other organisations efficiently

A particularly important feature for us is impact assessment. Charitylog allows us to create our own assessments and outcome-scoring systems, monitor change over time, and build in recognised impact measurement tools where required. This is vital for evidencing impact to funders, who often have differing and very specific reporting requirements.

Reporting, which has historically been one of the most time-intensive administrative tasks, is now far more manageable. Charitylog provides a comprehensive range of easy-to-use reports, including dashboards with charts and graphs, progress and interval reporting, and the ability to extract data on:

- Clients we are currently working with
- Open and closed cases
- Consent status (across all strands of work)
- Numbers of clients accessing services

A particularly valuable development has been integrated web referral forms, allowing enquiries to feed directly from our website into Charitylog. This reduces duplication and improves accuracy and allows practitioners and those who self-refer to easily access our services via our website

One of the key strengths of Charitylog has been the level of support provided. They work with us as an organisation to ensure we get the best from the system. We have access to an in-house support team who know the system inside out, alongside in-depth manuals, online self-help videos, and quarterly update video presentations.

Data security and GDPR compliance have been central considerations throughout this process. Charitylog uses one of the most reputable data centres in the UK and provides us with strong tools to manage compliance effectively.

The system allows:

- Unlimited user accounts
- Multiple user groups with different permission levels
- Configurable GDPR consent rules, including expiry notifications
- Field-level visibility, so users only see information relevant to their role

Overall, the move to Charitylog represents a significant improvement in how Mindsong captures, manages, and reports on client data. It supports our day-to-day work, strengthens our ability to evidence impact, improves GDPR compliance, and ultimately helps ensure we can continue to grow while maintaining high standards of care and accountability.

MINDSONG

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

Charitylog provides a strong foundation for data management, governance, and organisational resilience.

Key points of assurance include:

- Secure UK-based data hosting and GDPR-compliant tools
- Reduced reliance on individual staff knowledge
- Accurate and timely reporting for funders, commissioners, and NHS partners
- Ability to evidence service impact consistently
- Clear audit trails and role-based access for staff

The phased approach to implementation, with individual training for our therapists and staff, combined with external support, has ensured the system is being used effectively and sustainably.

While the system is now in place, it is important to acknowledge potential risks and how we are managing them:

1. Staff Capacity and Adoption

Risk: Staff may feel under pressure or be slow to adopt new workflows.

Mitigation: Phased training, in-system guidance, manuals, and planned follow-up training for admins.

2. Data Quality and Consistency

Risk: Inconsistent data entry could affect reporting and impact measurement.

Mitigation: Customised fields, clear workflows, ongoing oversight, and standard reports to highlight gaps.

3. GDPR and Data Protection

Risk: Growing volumes of sensitive data increase compliance risk.

Mitigation: Role-based access, configurable consent rules, secure hosting, and data anonymization where appropriate.

4. Over-Reliance on a Single System

Risk: Operational disruption if the system is unavailable.

Mitigation: Charitylog's established reliability, ongoing support, admin knowledge sharing, and exportable data for backup.

5. Future Service Expansion

Risk: New services could outpace system design.

Mitigation: Flexible workflows and phased development allow new strands, such as S2R, to be added without disruption.

January 2026, our Music Therapy@ Home Service, BISO and Mindset are confidently using the system with ongoing training and updates being shared by all service administrators. Sing 2 Remember is identified as a future development.

The journey to Charitylog has mirrored Mindsong's growth — from a small service managed by spreadsheets to a mature organisation with robust systems and governance.

It has been a considered, reflective process. We have balanced ambition with risk management, ensured staff are supported, and built a system that grows with us. Charitylog now underpins our operational and governance framework, freeing us to focus on the clients and participants who are at the core of what we do.

Shirley Wathen January 2026

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Dr Maggie Grady PhD

We are delighted to say that in June 2025, Maggie passed her PhD Viva with no amends. She graduated in November 2025 at the Bristol Beacon. Her PhD is based on Mindsong's work; exploring the lived experiences of family carers of people living with an advanced dementia, their experiences of caring and their experiences of our Music Therapy at Home service. The study offers deep insights into people's experiences, and has helped to further our understanding of what it might be like to be a family carer. Some strong recommendations for practice came to light which have been discussed in the therapy team. She has been sharing the findings of her work with our local ICS Dementia Steering Group, NHS Frailty and Ageing Well teams, as well as students and colleagues at UWE Bristol. In March 2026, she will be delivering two interactive workshops based on her PhD findings at the University of Gloucestershire. Maggie is very grateful for Mindsong's collaboration on this study, and for the support from Karen, Ruth, our Core Team and Trustees during this time.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Financial Review

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year, although the current financial climate has made this difficult to achieve since the pandemic. We do however begin our year with 68% of funding in place. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

Monitoring and Management

- The level of reserves is reported to the Board of Trustees at each board meeting, as will a forecast of reserves for at least six months ahead.
- If reserves fall significantly below or rise substantially above the target range, or look as though they are likely to, the Trustees will agree on a plan to replenish or reallocate funds appropriately.
- Any use of reserves must be approved by the Board and must not jeopardise the charity's ability to meet its commitments.

Use of Excess Reserves

If reserves exceed the target range without justifiable reason, the Board may:

- Invest in service improvement initiatives
- Fund strategic projects that support the charity's mission
- Build a designated fund for future projects or activities

Review of Policy

The policy is reviewed annually, or sooner if there is a significant change in the charity's financial position, risk profile, or operational model.

Future Planning

We continue to develop, refine and expand the services we offer within the boundaries of staff capacity and our finances. We also look to form beneficial partnerships with like-minded groups or organisations that will enable us to do more at shared cost. Where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will seek to find innovative ways to take on new challenges.

We also believe in shared learning from all of our work and in developing codesign and collaboration with our participants. This acquired knowledge is happily shared in knowledge exchange with others to enable our model to be used outside of Gloucestershire.

Structure, governance and management

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

Our Core Team

Karen Lawton	Chief Executive
Julia Glaudot	Business Administrator & Vocal Leader
Dr Maggie Grady	Director of Music Therapy
Ruth Melhuish	Deputy Director of Music Therapy
Shirley Grant	Administrator (Music Therapy)
Kate Hicks Beach	Director of Volunteer-Led Services
Amanda Chappell	Services Co-ordinator
Laura Lynch	Breathe In Sing Out Administrator

Maggie and Ruth manage our team of 16 music therapists and 2 Vocal Leaders (respiratory)

Kate manages our team of 7 Area Coordinators and together they support and train our amazing team of 360 volunteers working in care homes.

Kate and Amanda both manage and set up our Sing 2 Remember groups and their vocal leaders.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL

Email: admin@mindsong.org.uk

Website: mindsong.org.uk

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

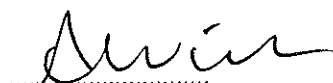
The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.



Angela Willis (Chair)
Trustee

Date: 16/5/26

MINDSONG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSONG

I report to the trustees on my examination of the financial statements of Mindsong (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Roger F Downes FCA

BK Plus Limited

Chartered Certified Accountants

6 Manor Park Business Centre

Mackenzie Way

Cheltenham

Gloucestershire

GL51 9TX

England

Date: 25 March 2026

MINDSONG

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	2	85,976	-	85,976	36,032	-	36,032
Charitable activities	3	173,261	76,805	250,066	194,099	116,000	310,099
Total income		<u>259,237</u>	<u>76,805</u>	<u>336,042</u>	<u>230,131</u>	<u>116,000</u>	<u>346,131</u>
Expenditure on:							
Charitable activities	4	272,079	80,503	352,582	255,701	72,037	327,738
Total expenditure		<u>272,079</u>	<u>80,503</u>	<u>352,582</u>	<u>255,701</u>	<u>72,037</u>	<u>327,738</u>
Net income/(expenditure) and movement in funds		(12,842)	(3,698)	(16,540)	(25,570)	43,963	18,393
Reconciliation of funds:							
Fund balances at 1 January 2025		182,938	54,624	237,562	208,508	10,661	219,169
Fund balances at 31 December 2025		<u>170,096</u>	<u>50,926</u>	<u>221,022</u>	<u>182,938</u>	<u>54,624</u>	<u>237,562</u>

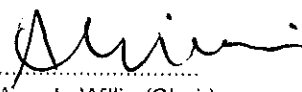
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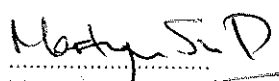
STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	9	1,696		1,250	
Cash at bank and in hand		224,824		241,022	
		<u>226,520</u>		<u>242,272</u>	
Creditors: amounts falling due within one year	10	(5,498)		(4,710)	
Net current assets			<u>221,022</u>		<u>237,562</u>
The funds of the charity					
Restricted income funds	11		50,926		54,624
Unrestricted funds	12		170,096		182,938
			<u>221,022</u>		<u>237,562</u>

The financial statements were approved by the trustees on 16/3/26


Angela Willis (Chair)
Trustee


Martyn Smith
Trustee

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when the funds are raised for particular restricted purposes.

1.4 Income

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

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income, care home contributions and donations are credited to income on receipt.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations	85,976	36,032

3 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Care home contributions	5,205	-	5,205	7,650	-	7,650
Other delivery	12,304	-	12,304	12,929	-	12,929
Other music therapy	10,775	-	10,775	5,432	-	5,432
Grants	114,977	25,000	139,977	108,088	10,000	118,088
Clinical Commissioning	30,000	51,805	81,805	60,000	106,000	166,000
	173,261	76,805	250,066	194,099	116,000	310,099

Grants analysis

	Total 2025 £	Total 2024 £
Julia Rausing Trust	40,000	40,000
Gloucestershire County Council	25,000	-
Syncona Foundation	25,000	-
NHS Gloucestershire	24,877	-
Zurich Foundation	17,500	27,500
Gloucester Community Foundation	5,000	-
Gloucestershire Gateway Trust	2,600	-
National Lottery Community Fund	-	22,838
Summerfield Trust	-	18,000
Thriving Communities	-	7,500
Cirencester Town Council	-	1,250
Tewkesbury Borough Council	-	1,000
	139,977	118,088

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

4 Expenditure on charitable activities

	Total 2025 £	Total 2024 £
Direct costs		
Staff costs	11,702	11,944
Insurance	796	786
Marketing	1,404	1,116
Cost of fundraising	215	-
Volunteer costs and expenses	52,300	59,626
Delivery of music therapy	206,107	158,161
Other delivery	3,905	6,764
Training	1,290	2,182
Equipment	2,815	299
Travel	2,163	1,979
Administration	68,139	83,219
Bank charges	240	240
	<u>351,076</u>	<u>326,316</u>
Share of support and governance costs (see note 5)		
Governance	1,506	1,422
	<u>352,582</u>	<u>327,738</u>
Analysis by fund		
Unrestricted funds	272,079	255,701
Restricted funds	80,503	72,037
	<u>352,582</u>	<u>327,738</u>

5 Support costs allocated to activities

	2025 £	2024 £
Governance costs	<u>1,506</u>	<u>1,422</u>
Analysed between:		
Accountancy	<u>1,506</u>	<u>1,422</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

7 Employees

The average monthly number of employees during the year was:

2025 Number	2024 Number
12	14

8 Taxation

The charity is exempt from taxation on its activities because all of its income is applied for charitable purposes.

9 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Other debtors	1,696	1,250

10 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	4,063	3,347
Accruals and deferred income	1,435	1,363
	5,498	4,710

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025 £	Incoming resources £	Resources expended £	At 31 December 2025 £
NHS Gloucestershire CCG	17,752	51,805	(51,667)	17,890
Mindset	33,800	25,000	(25,764)	33,036
Zurich Sustainability Grant	3,072	-	(3,072)	-
	54,624	76,805	(80,503)	50,926

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

11 Restricted funds

Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
NHS Gloucestershire CCG	7,436	56,000	(45,684)	17,752
Mindset	3,225	50,000	(19,425)	33,800
Zurich Sustainability Grant	-	10,000	(6,928)	3,072
	<u>10,661</u>	<u>116,000</u>	<u>(72,037)</u>	<u>54,624</u>

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe In Sing out', supporting people with chronic lung conditions through singing groups.

Restricted fund - Mindset

A 10-week course for a group of six to eight people who have recently (within 12 months) been diagnosed with a form of dementia, with 2 sessions for carers to attend as well. It provides emotional and practical support and can often help people adjust to living with the illness. The courses are free to attend and accept both clinical and self-referrals. Mindset offers both practical information about living with dementia alongside a supportive environment for people to share and express their concerns about their diagnoses.

Restricted fund - Zurich Sustainability Grant

This one-off grant is to be used specifically to invest in a bespoke system that will encompass all our services, making us more sustainable, efficient and paperless.

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
General funds	<u>182,938</u>	<u>259,237</u>	<u>(272,079)</u>	<u>170,096</u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	<u>208,508</u>	<u>230,131</u>	<u>(255,701)</u>	<u>182,938</u>

13 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

MINDSONG

England & Wales - Charity number 1177043

Accounts

Charity registration number 1177043 (England and Wales)

MINDSONG

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

MINDSONG

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Sylvia Ardron (Chair)	
	Anthea Holland (Secretary)	
	Angela Willis	
	Gerald Dawson (Treasurer)	(Appointed 23 September 2024)
	Martyn Smith	(Appointed 3 February 2025)
	Khady Gueye	(Appointed 19 May 2025)

Charity number (England and Wales) 1177043

Principal address 28 Vine Way
Tewkesbury
Gloucestershire
United Kingdom
GL20 5FJ

Independent examiner BK Plus Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
England
GL51 9TX

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Statement of financial activities	10
Statement of financial position	11
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MINDSONG

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and for people with dementia at time of diagnosis. Alongside this we work with chronic lung conditions, Long Covid and heart failure.

Though we are primarily dementia focussed Mindsong sits predominantly within the creative health sector and is part of Arts on Prescription (Social Prescribing) in Gloucestershire. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

Meaningful music-making and singing lies at the heart of what we do. In an uncertain world, we aim to provide a supportive presence for the people we work with, whether they live with dementia or other health conditions, always listening with open ears and offering comfort and companionship.

All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

Who we work with

People who have dementia and who live in care homes, or are being cared for in their own homes, are often wrongly assumed to be the least able to participate in or contribute to any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems. This can lead to isolation and loneliness both for the person with dementia and those that care for them.

We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our services with respect for those at their most vulnerable. The people we work with are at the centre of all that we do.

In addition, we use our skills to run courses that will have an impact on health and wellbeing, whether this is after a dementia diagnosis, or improving self-management techniques and confidence for people with chronic lung disease, Long Covid and heart conditions.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

How we meet our Objects

Mindsong provides a range of services to people with dementia, and other neurological disorders such as Parkinson's and Huntington's disease, who live in care homes and their own homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our Music Therapy services.

Our Together in Song Singing Group service is provided by our volunteers who are trained and supported by our Director of Volunteer-Led Services and her team.

Our Sing 2 Remember groups are led by dementia awareness trained vocal leaders and supported by trained volunteers.

We regularly support dementia awareness sessions across the county and sit on relevant clinical programme groups.

We also take on additional projects where music can have a significant impact on health.

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements and performance

An Overview

Yet another year of growth, learning, improvement and the joy of working in such a great team. We spread ourselves further across the county and took on a lovely new member of staff. Mindset courses started to fill up as word got out, Breathe in Sing out had it's first dilemma with a full course and a waiting list. New partnerships happened, another award in the bag and brilliant new trustees came on board.

Each year we think we've gone as far as we can but then we burst at the seams and find ourselves somewhere new. What on earth will we get up to in 2025?

Our thanks go to everyone who supported us in 2024. Our major funders, The Julia & Hans Rausing Trust, Gloucestershire NHS, Gloucestershire County Council, The National Lottery, Zurich Foundation Trust and Summerfield Trust – THANK YOU. We also want to thank everyone who thought of us and donated, who nominated us, had a coffee morning or a concert, put some change in a bucket. Every single penny raised has worked hard to bring benefits to people with dementia or who are living with long-term conditions.

What follows is the detail of what these funds have allowed us to deliver. It's not until we write it all down that we fully appreciate the breadth and scope of what Mindsong is and does. We believe we are unique in the UK and we aim to be here for as long as we are needed.

Mindset

"Meeting people who understood exactly what we are going through and being able to express frustrations, fear and feelings honestly" Mindset Family Supporter

This 10-week course provides emotional, psychological and practical support for a person following a dementia diagnosis. We also work closely with family supporters. Mindset is based on the 'LivDem' course, designed by Prof Rik Cheston and Dr Anne Marshall www.livdem.co.uk

We delivered 14 courses in different community locations across the county. One of these courses was tailored specifically to support people diagnosed with a Young Onset Dementia.

Participants find the course helps them to come to terms with their diagnosis, feel more confident discussing it with others, learn more about dementia, and focus on the positive things they can do and enjoy. Crucially, for both participants and family supporters, meeting others in similar situations reduces feelings of isolation and many stay in touch beyond the duration of the course.

We use the Positive Psychology Outcome Measure (PPOM; Stoner et al, 2017) to measure hope and resilience before and after each course. Results show that 72% of scores increased at post-assessment, indicating that the course supports and improves feelings of hope and resilience.

"I was unsure at first, but as the weeks went on, I felt happier. We all have our chance to speak, feeling heard. Feel like I have made friends, and I was trying to help others in the group. Better space, better happiness, better love." Mindset Participant

"Everyone has been positive and although serious we've also had fun. I feel very safe here. I know I will be told the truth about my diagnosis." Mindset Participant

"I feel less alone, and it has felt good to laugh together, as well as commiserate" Mindset Family Supporter

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Sing 2 Remember

'Those who have dementia are getting something positive from it. They can very quickly feel as though they are marginalised and are no use any more, but the fact that they've got a skill that is unimpaired and undiminished gives them self esteem.'

There are 16 Sing 2 Remember groups across the county in community spaces and day centres.

Sing 2 Remember groups are for people living at home with dementia and their carer/partners; for people experiencing loneliness or isolation; for anyone who would benefit from the friendship and community of a regular singing group and for those who may no longer feel comfortable singing in a more formal choir. The groups are fortnightly, and they are led by an experienced vocal leader supported by volunteers.

Each session starts with stretches, breathing exercises and warmups and we sing for about an hour followed by refreshments and chat. We sing well known songs, unaccompanied, and always include rounds, partner songs and songs which include seated movement. We connect with local community support workers, such as Alzheimer's Dementia Advisers and Community Dementia Nurses, who will drop in to catch up with clients and offer support and information. The sessions are free, and people are invited to make donations if they are able to.

There is also a weekly online singing group that has met every Friday since the April of Lockdown. One great aspect of the online group is that relatives who live further afield can connect on a weekly or drop-in basis – and they do!

Husband of a woman who went to S2R and now is resident in a care home that has a Mindsong group: 'There's something innate in there. It's just absolutely marvellous, come out to sing for an hour and it just lifts the spirits. E has severe dementia at the moment but she can remember words to songs that I can't remember. So that's extremely encouraging for people to know that music is the most wonderful therapy for a dementia patient.'

Husband whose wife came to S2R: 'It's an outreach. It's reaching out to people and helping them where they are and that's really important. You can bring back a memory about something they used to know how to do but haven't been doing it or have forgotten how to do it.'

Wife whose husband had MT@H, came to S2R, came to TIS group in care home and continues as an S2R member: 'Even though John's not with me any more I like to come here to meet people, to sing. Every time he sang on zoom or here he would go back to his normal self. He'd know all the words and all the tunes. It's really good for people with Alzheimer's because of the fact that music brings them back to normal. I don't know how it works but it does work.'

Together in Song

At present we have 66 singing groups in care homes and hospitals. These groups, which are called Together in Song, are led by trained volunteers who visit the home once a week or once a fortnight to sing with residents as part of a communal activity rather than a performance. Although our volunteers are not music therapists, they work from the music therapy ethos that is at the heart of Mindsong. Engagement equals benefit and our mission is to support and encourage residents to access and engage with the singing to the best of their abilities.

We have a team of over 350 volunteers who visit the care home local to them. Our volunteers have regular updates to their training. The singing is unaccompanied, spontaneous, often joyful, always emotional, and as rewarding for volunteers as it is beneficial for residents and staff too. There is a lot of chat which is almost as important as the singing and staff have repeatedly told us that the residents' moods can be lifted for hours after volunteers have left. Whether it is Elvis, The Beatles, Vera Lynn or Tom Jones, the sessions are about remembering, friendship and wellbeing.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Music Therapy at Home (MT@H)

'Now I feel I don't have to be in the role of carer all the time, I know that we can do things together.' Family carer, MT@H

This is a service for people living with advanced dementia or dementia with complex symptoms or circumstances, still being cared for at home. We offer highly personalised support for both the person with dementia and the main family carer alongside, addressing issues around carer stress and preventing crisis situations. The therapy also aims to strengthen communication, relationships, a sense of identity and improve wellbeing for all involved.

In addition to the therapy, our therapists work with the family/couple to create personalised musical strategies to support daily care and wellbeing beyond session times. We get to know the couple/family and their situation, and signpost to other support services that would be most helpful. We advocate for our clients where appropriate and with their permission.

We received approx. 115 referrals into this service and worked with around 75 cases.

We use MyCaW to evaluate our service (My Concerns and Wellbeing; Meaningful Measures, 2020). Results from this validated tool show that 80% of concerns identified by family carers improve following the music therapy intervention. In addition, 58% of family carers' wellbeing scores also improve at post assessment. This indicates that MT@H is successful in supporting people with advanced dementia and their family carers, and addresses aspects that family carers identify as the most important to them and the person they are caring for.

'Single most important thing that Mindsong has given us is the ability to make clear decisions about mum's entire health care programme. The hour of music, song and the exceptional [therapist's name] has taught us all so much about communication with Mum. We see her most vividly in the music session. It is truly remarkable and we are forever grateful.'

'Sessions were an island of happiness, which was lovely for all the family to share. The effects lasted all of the weekend. Mum continued to sing with the carers when they came ... singing is a relief mechanism for her.' Family carer, MT@H

Equality, Inclusion and Diversity Work

Our Music Therapist and Deputy Director of Music Therapy, Ruth Melhuish, leads on this work for Mindsong. Ruth writes:

Barton & Tredworth Memory Café:

Regular visits to this monthly café held at Charter Court over the last 2 years have allowed me to make many connections, both with participants and with the staff and volunteers who support the café. I deliver occasional music sessions and staff and volunteers have noted how successful these are in helping to engage people from various cultures and "bring them out of their shell". People enjoy playing instruments and singing together and as time has gone by I've been able to collect some of their favourite songs to create a songbook for the group.

In recent months, Pastor Charles Campbell has been generously sharing his musical skills to support me with the music-making and we are now discussing other ways that we might work together to provide more musical opportunities that could bring the local community together. There may also be scope for joint community development work with the Alzheimer's Society Groups Facilitator.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024



Work with South Asian/Muslim community

I have made connections with the older South Asian men's and women's groups at the Friendship café and am continuing to work with Juwairiya Motala, (Community Engagement and Involvement Manager at Gloucestershire Royal Hospitals) and volunteer Sumeyya to develop a trial playlist that would be appropriate to help support Muslim people caring for relatives with dementia.

Breathe in Sing out

'BISO is the most useful thing I do. Zoom sessions are extremely enjoyable, good for breathing and everyone in the groups understands what it's like, so it's a relief just to be yourself.'

BISO is Mindsong's respiratory programme, providing group support for people with a wide range of lung conditions, helping them to manage breathlessness, support wellbeing and create new social contacts. We aim to optimise breathing through tailored exercises and singing together.

Groups continue to run in community venues in Cirencester, Cheltenham, Dursley, Gloucester, Stroud, Tewkesbury, Lydney and online. We have good links with the Respiratory Clinical Programme Group who have developed a strong focus on joint working, so we are in regular contact with other professionals to promote the service. We continue to run an online session specifically for people with Long Covid, who are also welcome to attend BISO groups if they prefer.

Following a small-scale pilot of a similar group for people with heart failure this summer, co-produced with the Heart Failure team, we will be opening up BISO groups to people with heart failure, on the basis that they can also benefit from this approach.

Mindsong was commissioned by the ICB Respiratory Clinical Programme Group to conduct a Patient Engagement Survey for people with experience of respiratory services. 90 questionnaires were completed either online or in person and we also gathered feedback from many of our BISO singers through focus groups held during the sessions. Our report to the CPG was completed in August and highlighted the need for respiratory care to be personalised, accessible, specialist and joined-up.

We also collected a wealth of positive feedback about our services:

- *Bronchiectasis symptoms went within 4-6 weeks because I'm using my lungs properly*
- *You feel a lot different about yourself afterwards.*
- *The only thing I've done is come here. My Oxygen levels have improved – never below 90 now – and I've cut back my inhalers. Now I have "moderate COPD".*
- *BISO has made a real difference – even on a "bad day"*
- *We all enjoy the singing and mutual support - everyone's in a similar boat.*

In November representatives from the Respiratory CPG accepted a Health Services Journal award for **Integrated Care Initiative of the Year**, in recognition of the innovative approach to respiratory services in Gloucestershire with its focus on collaboration with VCSE partners such as Mindsong.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Financial review

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year, although the current financial climate has made this difficult to achieve since the pandemic. We do however begin our year with 68% of funding in place. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

Future Planning

We continue to develop, refine and expand the services we offer. We also look at where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will find innovative ways to take on new challenges.

Structure, governance and management

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

MINDSONG

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Our Core Team

Karen Lawton
Julia Glaudot

Chief Executive
Business Administrator & Vocal Leader

Maggie Grady
Ruth Melhuish
Shirley Grant

Director of Music Therapy
Deputy Director of Music Therapy
Administrator (Music Therapy)

Kate Hicks Beach
Amanda Chappell

Director of Volunteer-Led Services
Mindsong Services Co-ordinator

Maggie and Ruth manage our team of 16 music therapists and 2 Vocal Leaders (respiratory).

Kate manages our team of 7 Area Coordinators and together they support and train our amazing team of 360 volunteers working in care homes.

Kate and Amanda both manage and set up our Sing 2 Remember groups and their vocal leaders.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL

Phone: 01684 273656

07989 936270

Email: admin@mindsong.org.uk

Website: mindsong.org.uk

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.



S Ardron
Trustee

Date: 19/5/25

MINDSONG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSONG

I report to the trustees on my examination of the financial statements of Mindsong (the charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Roger F Downes FCA

BK Plus Limited

Chartered Certified Accountants

6 Manor Park Business Centre

Mackenzie Way

Cheltenham

Gloucestershire

GL51 9TX

England

16 June 2025

MINDSONG

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

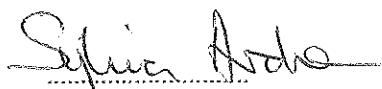
FOR THE YEAR ENDED 31 DECEMBER 2024

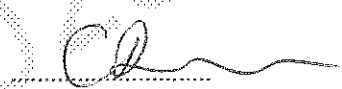
		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income from:							
Donations and legacies	2	36,032	-	36,032	47,485	-	47,485
Charitable activities	3	194,099	116,000	310,099	154,388	76,000	230,388
Total income		230,131	116,000	346,131	201,873	76,000	277,873
Expenditure on:							
Charitable activities	4	255,701	72,037	327,738	241,891	83,211	325,102
Total expenditure		255,701	72,037	327,738	241,891	83,211	325,102
Net income/(expenditure) and movement in funds		(25,570)	43,963	18,393	(40,018)	(7,211)	(47,229)
Reconciliation of funds:							
Fund balances at 1 January 2024		208,508	10,661	219,169	248,526	17,872	266,398
Fund balances at 31 December 2024		182,938	54,624	237,562	208,508	10,661	219,169

MINDSONG**STATEMENT OF FINANCIAL POSITION****AS AT 31 DECEMBER 2024**

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	9	1,250		1,258	
Cash at bank and in hand		241,022		224,065	
		<u>242,272</u>		<u>225,323</u>	
Creditors: amounts falling due within one year	10	(4,710)		(6,154)	
Net current assets			<u>237,562</u>		<u>219,169</u>
The funds of the charity					
Restricted income funds	11		54,624		10,661
Unrestricted funds	12		162,938		208,508
			<u>237,562</u>		<u>219,169</u>

The financial statements were approved by the trustees on 19/5/25


 S Aron
 Trustee


 G S Dawson
 Trustee

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when the funds are raised for particular restricted purposes.

1.4 Income

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

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income, care home contributions and donations are credited to income on receipt.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

2 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations	36,032	47,485

3 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Care home contributions	7,650	-	7,650	15,448	-	15,448
Other delivery	12,929	-	12,929	5,451	-	5,451
Other music therapy income	5,432	-	5,432	4,039	-	4,039
Grants	108,088	10,000	118,088	99,450	-	99,450
Clinical Commissioning	60,000	106,000	166,000	30,000	76,000	106,000
	194,099	116,000	310,099	154,388	76,000	230,388

Grants analysis

	Total 2024 £	Total 2023 £
Julia Rausing Trust	40,000	38,500
National Lottery Community Fund	22,838	11,250
Summerfield Trust	18,000	-
Zurich Community Trust	27,500	26,700
Thriving Communities	7,500	7,500
Cirencester Town Council	1,250	-
Tewkesbury Borough Council	1,000	-
Gloucestershire Carers Legacy	-	10,500
Young Gloucestershire	-	4,000
Utley Foundation	-	1,000
	118,088	99,450

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

4 Expenditure on charitable activities

	Total 2024 £	Total 2023 £
Direct costs		
Staff costs	11,944	11,356
Insurance	786	786
Marketing	1,116	974
Volunteer costs and expenses	59,626	56,540
Delivery of music therapy	158,161	166,641
Other delivery	6,764	3,829
Training	2,182	1,792
Equipment	299	2,147
Travel	1,979	1,989
Administration	83,219	77,794
Bank charges	240	-
	<u>326,316</u>	<u>323,848</u>
Share of support and governance costs (see note 5)		
Governance	1,422	1,254
	<u>327,738</u>	<u>325,102</u>
Analysis by fund		
Unrestricted funds	255,701	241,891
Restricted funds	72,037	83,211
	<u>327,738</u>	<u>325,102</u>

5 Support costs allocated to activities

	2024 £	2023 £
Governance costs	1,422	1,254
Analysed between:		
Accountancy	1,422	1,254

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

7 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	14	14

There were no employees whose annual remuneration was more than £60,000.

8 Taxation

The charity is exempt from taxation on its activities because all of its income is applied for charitable purposes.

9 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	1,250	1,258

10 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	3,347	3,549
Trade creditors	-	1,302
Accruals and deferred income	1,363	1,303
	4,710	6,154

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
NHS Gloucestershire CCG	7,436	56,000	(45,684)	17,752
Mindset	3,225	50,000	(19,425)	33,800
Zurich Sustainability Grant	-	10,000	(6,928)	3,072
	10,661	116,000	(72,037)	54,624

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

11 Restricted funds

(Continued)

Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	At 31 December 2023 £
NHS Gloucestershire CCG	14,872	56,000	(63,436)	7,436
Mindset	-	20,000	(16,775)	3,225
Utley Foundation	3,000	-	(3,000)	-
	<u>17,872</u>	<u>76,000</u>	<u>(83,211)</u>	<u>10,661</u>

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe in Sing out', supporting people with chronic lung conditions through singing groups.

Restricted fund - Utley Foundation

A project using the skills of our Meaningful Music team, to give others in the UK (or beyond) the confidence to start their own singing groups for people with dementia, using our ethos, techniques and experience. This fund was fully spent in the preceding financial year.

Restricted fund - Mindset

A 10-week course for a group of six to eight people who have recently (within 12 months) been diagnosed with a form of dementia, with 2 sessions for carers to attend as well. It provides emotional and practical support and can often help people adjust to living with the illness. The courses are free to attend and accept both clinical and self-referrals. Mindset offers both practical information about living with dementia alongside a supportive environment for people to share and express their concerns about their diagnoses.

Restricted fund - Zurich Sustainability Grant

This one-off grant is to be used specifically to invest in a bespoke system that will encompass all our services, making us more sustainable, efficient and paperless.

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024 £	Incoming resources £	Resources expended £	At 31 December 2024 £
General funds	<u>208,508</u>	<u>230,131</u>	<u>(255,701)</u>	<u>182,938</u>
Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	At 31 December 2023 £
General funds	<u>248,526</u>	<u>201,873</u>	<u>(241,891)</u>	<u>208,508</u>

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) ***FOR THE YEAR ENDED 31 DECEMBER 2024***

13 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).



CHARITY COMMISSION
FOR ENGLAND AND WALES

Mindsong
(CIO)

1177043

CC16a

Receipts and payments account

For the period from	01/01/2018	To	31/12/2018
------------------------	------------	----	------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
Receipts					
Grants	11,500	-	-	11,500	-
Care Home contributions	8,896	-	-	8,896	-
Other music therapy income	2,156	-	-	2,156	-
Other delivery	2,740	-	-	2,740	-
Clinical commissioning	80	35,000	-	35,080	-
Donations	56,288	-	-	56,288	-
Total receipts	81,660	35,000	-	116,660	-
Payments					
Cost of fundraising	216	-	-	216	-
Volunteer costs and expenses	26,160	10,000	-	36,160	-
Delivery of music therapy	16,745	15,000	-	31,745	-
Clinical commissioning	433	11,962	-	12,395	-
Together in song	274	500	-	774	-
Other delivery	2,534	-	-	2,534	-
Training	10	1,000	-	990	-
Marketing	4,045	-	-	4,045	-
Equipment	216	500	-	716	-
Travel	1,266	-	-	1,266	-
Administration	12,716	16,000	-	28,716	-
Employment	1,755	-	-	1,755	-
Trustee expenses	24	-	-	24	-
Total payments	66,374	54,962	-	121,336	-
Net of receipts/(payments)	15,286	- 19,962	-	- 4,676	-
Cash funds transferred to CIO	83,695	43,000	-	126,695	-
Cash funds at year-end	98,981	23,038	-	122,019	-

Section B Statement of assets and liabilities at the end of the period

		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Cash funds	Total cash funds	98,981	23,038	-
Other monetary assets	Outstanding invoices	62,160	-	-
Liabilities	Outstanding invoices	642	-	-
	Independent examination	960	-	-

NOTE 1: The charity commenced activities at 1 April 2018, when all assets and liabilities were transferred to this CIO from an unincorporated charity of the same name (registered charity no. 1149189).

NOTE 2: The current year figures are for the nine months activity subsequent to the transfer to the CIO - see note 1 above. The comparative figures are zero as the CIO was inactive during 2017.

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

Signature
Helen Owen
Elaine Grunbaum

Print Name
Helen Owen (Chair)
Elaine Grunbaum (Treasurer)

Date of
approval
24/6/2019
24/06/19

MINDSONG

England & Wales - Charity number 1177043

Accounts

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
MINDSONG



BK Plus
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

MINDSONG

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Statement of Financial Position	19
Notes to the Financial Statements	20 to 25

MINDSONG

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2023

TRUSTEES	Mitchell Watkins (resigned 31.8.23) Elaine Grunbaum Treasurer and Chair Sylvia Ardron Secretary Helen Owen (resigned 20.11.23) Anthea Holland Katy Bagnall (resigned 13.2.23) Angela Willis (appointed 20.11.23) Barry Leach (appointed 20.11.23)
PRINCIPAL ADDRESS	28 Vine Way Tewkesbury Gloucestershire GL20 5FJ
REGISTERED CHARITY NUMBER	1177043
INDEPENDENT EXAMINER	BK Plus 6 Manor Park Business Centre Mackenzie Way Cheltenham Gloucestershire GL51 9TX

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. 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).

OBJECTIVES AND ACTIVITIES

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and for people with dementia at time of diagnosis.

Though we are primarily dementia focussed Mindsong is part of the innovative provision of Arts on Prescription (Social Prescribing) in Gloucestershire and works with people who have chronic lung conditions. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

Meaningful music-making and singing lies at the heart of what we do. In an uncertain world, we aim to provide a supportive presence for the people we work with, whether they live with dementia or other health conditions, always listening with open ears and offering comfort and companionship.

All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

OBJECTIVES AND ACTIVITIES

How we meet our Objects

Mindsong provides a range of services to people with dementia, and other neurological disorders such as Parkinson's and Huntington's disease, who live in care homes and their own homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our music therapy services.

Our Together in Song Singing Group service is provided by our volunteers who are trained and supported by our Director of Volunteer-Led Services and her team.

Our Sing 2 Remember groups are led by dementia awareness trained vocal leaders and supported by trained volunteers.

We regularly support dementia awareness sessions across the county and sit on relevant clinical programme groups.

We also take on additional projects where music can have a significant impact on health.

Who we work with

People who have dementia and who live in care homes, or are being cared for in their own homes, are often wrongly assumed to be the least able to participate in or contribute to any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems. This can lead to isolation and loneliness both for the person with dementia and those that care for them.

We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our services with respect for those at their most vulnerable. The people we work with are at the centre of all that we do.

In addition, we use our skills as part of Arts on Prescription, running courses that will have an impact on health and wellbeing, this includes services for people with chronic lung disease, Long Covid and aphasia.

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

An Overview

2023, our first full year when Covid wasn't uppermost in our minds. Funding, as expected, was more challenging but we delivered all our services, and managed to expand some, on tight budgets.

Our thanks go to everyone who supported us in 2023. Our major funders, The Julia & Hans Rausing Trust, Gloucestershire NHS, The National Lottery, Carers Gloucestershire, Zurich Foundation Trust, Young Gloucestershire as well as Bookworm, The Utley Foundation, Cotswold Male Voice Choir, Gloucester Farmer's Club, the many choirs and concerts, coffee mornings, jam makings, carol singing and donations - THANK YOU. A special thanks goes to Cherry Jones, who gave her gorgeous garden, invited her friends (and us) and on a glorious, sunshine filled day, we ate cream teas, sang and took almost £28,000.

What follows is the detail of what these funds have allowed us to deliver. It's not until we write it all down that we fully appreciate the breadth and scope of what Mindsong is and does. We believe we are unique in the UK and we aim to be here for as long as we are needed.

Music Therapy at Home (MT@H)

"The music makes my flowers bloom". Person with dementia, MT@H

Music Therapy at Home (MT@H) is for people with advanced or complex dementia symptoms, still being cared for at home by a family member. Funded in part by Gloucestershire NHS, we provide 12 sessions of weekly Music Therapy, working with the person with dementia and family member alongside, wherever possible. Our aim is to support wellbeing for both the person with dementia and family carer, and as well as the therapy itself, we work with families to find personalised ways of using music to support daily care and wellbeing. Our outcomes are extremely positive and can be transformative for some (see case study below).

"Sessions were an island of happiness, which was lovely for all the family to share. The effects lasted all of the weekend. Mum continued to sing with the carers when they came ... singing is a relief mechanism for her". Family carer, MT@H

To meet increasing demand, we expanded our therapy team this year, with 16 Music Therapists working with us across the county. We held regular peer supervision sessions and team meetings, always reflecting on our work and refining the service to ensure high-quality, personalised and tailored approaches, to best meet the needs of the people we work with. Our Carer Support Team also provided an essential role in helping us assess referrals and gain feedback, as well as being another point of support for family carers.

"When he sings with the therapist there is a true moment of connection and truth that is powerful and beautiful". Family carer, MT@H

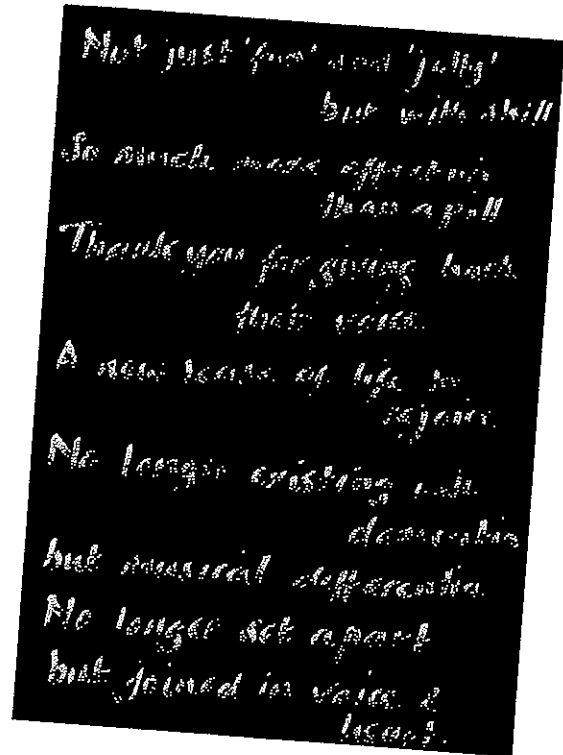
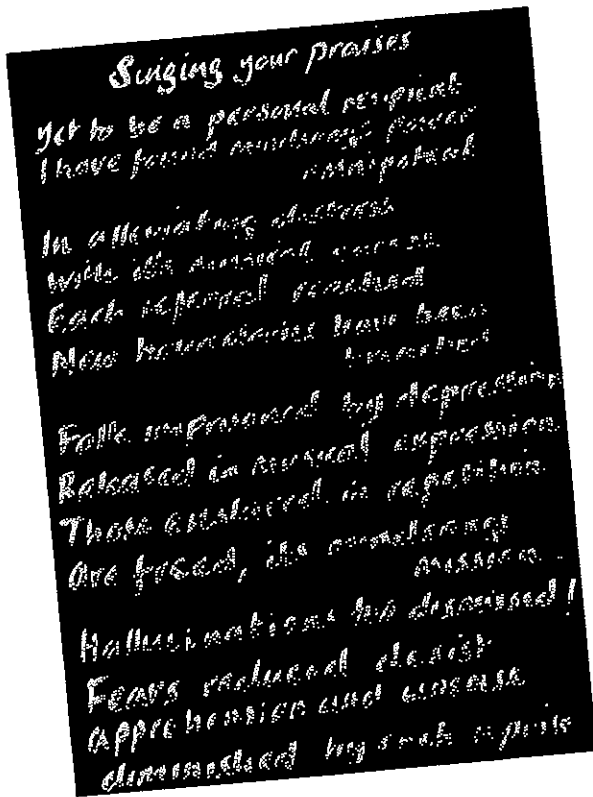
During 2023, we received 118 referrals from sources including Community Dementia Nurses, Alzheimer's Society Dementia Advisers, Social Services, Mental Health Later Life and Complex Care at Home teams, as well as referrals from within Mindsong, and a number of self-referrals. In total we worked with 96 cases, equating to at least 190 people.

"To see (my wife) tapping the tambourine and singing along is just fantastic. She becomes more alive... it has lifted the pair of us. I am blown away by how incredible it is... it evokes memory and I have discovered that I can actually sing a bit! It has opened up a whole new world for us". Family carer, MT@H

We are highly valued and trusted by our partnership organisations in Gloucestershire and receive regular positive feedback about our work. One of our regular referrers, Sam Harris (Community Dementia Nurse & Managing Memory) wrote a poem in praise of our work:

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

ACHIEVEMENT AND PERFORMANCE - continued



Case Study

To illustrate some of the work we do, here is a short case study of some work undertaken by our Music Therapist, Nick Atkins, during 2023:

We have permission from David to share this case study with you.

Heather and David are 77 and 76 respectively. Heather was diagnosed with Parkinson's Disease at 53, and developed Lewy Body Dementia (which is a cause of dementia often linked to Parkinson's). David cares for Heather at home, 24/7. Heather has reduced communication, and experiences hallucinations. Her mobility is difficult, she is unsteady on her feet. Heather can become extremely anxious due to the hallucinations, confusion and reduced communication caused by her dementia.

Our therapist, Nick, worked with the couple as part of our MT@H service, giving 12 x weekly sessions in their home. Heather's hallucinations can be very frightening for her; she often sees a 'nasty man' come into her house. Nick worked with Heather and David during the sessions and this video shows Nick and Heather playing and singing together, with Heather singing away the nasty man from her hallucinations. The couple have continued to use this as a tool beyond the therapy sessions, and this has been very successful at managing the hallucinations.

The music therapy had a wider positive effect when Heather became very poorly and needed to be admitted to hospital. She became increasingly anxious and her physical symptoms increased, and she became unresponsive in hospital. Heather would lie in her hospital bed, awake, but not responsive to touch or language, from David or from the medical staff.

Because of the work Nick had done with the couple, David thought to play a song for her on Spotify, singing along with it to Heather as it played. Heather began to respond, first vocalising along with the length of phrases, then beginning to sing in tune, and then with a few words. She gave eye contact. Staff were amazed, and also began to sing to connect with her. Gradually, Heather came out of her unresponsive state. Nick was also able to give some therapy sessions in hospital at her bedside. Heather's health has now improved and she is back living at home, with some additional care support.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

"I was quite sceptical to begin with as to how all this would or could help him but can now honestly say that it is remarkable the difference it has made ... I have been having a rough time while visiting hospital and sometimes it all seems too tough and so it's been a blessing to have the tool of music. I feel that there are times when I am not coping emotionally with the double horrible sword of Parkinsons and Dementia and am very grateful for your input.

Music is now a major tool for me to use when looking after Heather. She was singing along to Spotify on the TV this morning. Spotify now shows the lyrics on the screen, so we often use it. I've found that when Heather is becoming overanxious, I can put music on to calm her." David, family carer, MT@H.

Connecting with our Partners

As ever, we place great importance on developing strong relationships with local organisations, often working together on events or services to provide the best support we can for people living with dementia in Gloucestershire. This included giving regular updates to our ICS Dementia Commissioners, visiting and presenting to the Alzheimer's Society Dementia Adviser team and NHS Community Dementia Nurse team, supporting Gloucestershire Carer's Hub's Carers Rights Day, attending Gloucestershire Creative Health Consortium meetings, and co-producing our Young Onset Dementia Mindset course with Managing Memory 2gether, to name a few.

As part of our ICS (One Gloucestershire), we help plan and support Dementia Action Week and an annual Information and Education event for ethnic minority communities. We have a regular place on the ICS Dementia Steering Group, and the Young Onset Dementia subgroup within this. These are great opportunities to communicate what we do across a wide reach of dementia-specialist organisations, to listen to others and learn what they are doing, to hear about new approaches, and to help shape the dementia strategy for Gloucestershire going forward.

Student Placements and Internships

This year we introduced Music Therapy internships and placements, working with students from both UWE Bristol and University of South Wales MA Music Therapy courses, providing additional clinical experience and supervision. This has been very fruitful for both the students and for us, increasing our therapist capacity and strengthening our links with these universities. Three of our interns have now qualified and are continuing to work with us.

We also had a Student Mental Health Nurse on placement, from the University of Gloucestershire. This worked extremely well, with the student nurse joining our Carer Support team for the duration of her placement, helping to facilitate a Mindset course, and participating in our Breathe In Sing Out and Sing 2 Remember groups. Our Student Mental Health Nurse comments on her placement with us;

"This placement has shown me how powerful music therapy can be as an intervention, reducing distress for people living with dementia and providing opportunities for self-expression and communication, as well as ideas for coping strategies. I have also seen how important it is, from a wellbeing perspective, for people and their carers to attend the various groups and have a good sing and a natter over tea and homemade cake. This eases loneliness and isolation, especially in rural communities.

It's been an extremely positive student nurse placement experience. I have come away inspired and will aim to incorporate my new knowledge and skills into my nursing practice going forward to my next placements." Alison Hunter, Student Mental Health Nurse, University of Gloucestershire

Mindset

"I couldn't believe my dementia at first, but I have come to terms with it now". Mindset participant

Our Mindset courses have been a new development; we have been piloting these courses in collaboration with Glos NHS and Glos County Council and have run 9 courses across the county to date.

Mindset is a 10-week talking course providing emotional and psychological support for a person following a dementia diagnosis. We also work closely with family carers, whom we call 'family supporters'. Mindset is based on the 'LivDem' course, designed by Prof Rik Cheston and Dr Anne Marshall, from UWE Bristol www.livdem.co.uk

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"It has been helpful, talking to people in a safe environment and carers able to meet and chat". Mindset participant.

The courses are delivered by our therapy team, along with a trained supporting person. We worked with 41 people with dementia over the 9 courses, and participant feedback about the course has been very positive, with the most significant themes as follows:

- Helping participants to accept their diagnosis
- Giving participants confidence to talk about their dementia
- Empowering participants to try new things and meet new people
- Helping participants to focus on the positive things they can still do and enjoy

PPOM

We use the Positive Psychology Outcome Measure (PPOM; Stoner et al, 2017) to measure hope and resilience before and after each course. From our feedback so far, 71% show higher scores at post evaluation, indicating increases in hope and resilience for the majority of participants.

"I felt heard, we all had a chance to speak". Mindset participant

Family Supporters

We invite a supporting family member or friend to attend the first and final sessions alongside the person with dementia. We also make time at the end of each session to check in with family supporters to see how they are doing. We listen carefully and provide personalised signposting to relevant services or information courses (such as Managing Memory Together). We also encourage family supporters to get together in a local cafe while their relative / friend is attending the sessions. Many do, and some have developed firm support networks which they find invaluable, which continue after the course has ended.

"Chatting with someone who fully knows what 24/7 caring is like has given chances to laugh, share and learn". Mindset family supporter

"This has been such a lifeline". Mindset family supporter

"I can't express how much of a relief it has been to share experiences frankly with others who truly understand". Mindset family supporter

"Meeting people who understood exactly what we are going through and being able to express frustrations, fear and feelings honestly". Mindset family supporter

Young Onset Dementia (YOD) Mindset

We recently tailored the Mindset course to make it more appropriate for people aged 65 or younger, diagnosed with dementia. Having a diagnosis at a younger age can bring added challenges and complications, for example, people may still be working, or have young or teenage children at home. Some of the symptoms experienced can also be different, often less focused on memory problems, but including increased confusion, changes in personality, hallucinations, and changes in visual perceptions.

We worked with a support group and a family carer on the course material and tailored it to meet the perceived needs of a participant. We added in information and sessions on working and finances, and parenting with dementia as well as a signposting document with all local (and some national) support groups and forums for people with YOD and their carers.

We then piloted a course in collaboration with Managing Memory Together, and a member of the Education & Information team attended each week as the supporting person. This provided much rich learning and a fruitful partnership. We plan to run another course in 2024.

Music Therapy at Longfield Hospice

This year, our Music Therapist, Sophie Whisker, ran fortnightly Music Therapy sessions at Longfield Hospice. These sessions were well attended and appreciated by participants, and we are hopeful that this might become a long-term partnership. Sophie comments on the work:

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"We tend to have a soft start with hot drinks as participants arrive and settle in, then move on to an hour or so of music. We use known songs and I also try to encourage improvisation with the tuned and untuned percussion instruments that I bring along. Some participants love the instruments and accompany the singing throughout sessions. There is often extended time to talk and reflect between musical engagement, as participants share, reflect and support each other; the aim is an organic flow rather than a forced structure. Conversation can be rather profound, but often isn't - the therapeutic approach is that a safe & confidential space can be utilised however the participants wish".

One previous participant, who was living with lung cancer, reflected that it always felt worth the effort to attend because she found that it improved her breathing in the day or so afterwards. One caregiver commented, *"this group gives him a reason for living. Nothing else motivates him to get up and out like this does every other Monday."* Some beautiful friendships have developed/reestablished as a result of attending the group together, and participants have expressed a sense of relief at being able to engage with something that feels, 'gentle, but uplifting'.

I have been able to signpost several participants to other Mindsong provision across the county including MT@H and Sing2Remember groups.

"It is a privilege to hold a space for people living with a huge variety of significant life-limiting conditions. They demonstrate a huge capacity for empathy, encouragement and fun and I love bringing them together to share music in order to provide moments of companionship, understanding and joy." Sophie Whisker, Music Therapist, Mindsong.

Maggie Grady
Director of Music Therapy, Mindsong

Breathe in Sing Out and Long Covid

"It has helped me with my asthma and managing better. I have learnt more about our lungs and our bodies and understand much better the connection between our posture and our ability to breathe more easily. This has been a tremendous help in all aspects of my life. I still get bad days but they are fewer than before and I can manage them."

Breathe In Sing Out is our respiratory programme funded by the NHS to support people with a range of long-term lung conditions. This year our team of vocal leaders has continued to run regular weekly sessions in community locations across the county: Cheltenham, Cirencester, Dursley, Gloucester, Lydney, Stroud, Bourton-on-the-Water, plus an online group for those who find this easier to access.

We have been working to promote the service and increase referrals, liaising with Social Prescribing teams and re-establishing links with the respiratory physiotherapists so that we now provide regular BISO taster sessions as part of the Pulmonary Rehabilitation service. This has generated new referrals to most of the groups. Participant feedback has been consistently positive and analysis of our impact by NHS data specialists showed a 25% reduction in acute hospital admissions following a BISO course and 33% reduction in Emergency Department attendance.

"I have a better technique of breathing with attending the BISO groups and am able to concentrate more on my breathing from deep down from my diaphragm rather than just from my lungs, which is a lot better. My oxygen has also reduced to 2 litres from 4 when I started the BISO and the groups have helped with this too and with the new breathing techniques my voice is much stronger".

"When I started the zoom class, I could only reach 7 in the counting song. Now, on a good day, I can get to 16 or 17! I also know how to help myself when I am breathless, how to use the exercises to ease it."

The main focus is on people with conditions such as COPD (Chronic Obstructive Pulmonary Disorder) and bronchiectasis, but during the year we have widened our referral criteria as there has been increased recognition of the genesis and complexity of breathing difficulties, which can be linked for example to anxiety or nervous system dysfunction. Training from the Long Covid clinic has helped to support our learning in this area and we welcomed people with Long Covid in our groups, as well as continuing to offer an online Long Covid support group specifically for those with the condition.

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"It's been a game changer for my breathing, and dare I say it, my long covid. So much so I have started a bit of gentle exercise, still applying the same techniques you taught us."

Participants in all groups have reported improved ability to manage their breathing as well as an increase in general wellbeing. The social aspect of the groups is very important, helping people to feel less isolated and share information and ideas.

"I have had a feeling of well-being after the classes which I have put down partly to the breathing exercises also to being in a group. I found the group great, supportive and nonjudgmental and friendly."

At the end of 2023 we took the decision to close the group in Bourton-on-the-Water, the only area where numbers had remained consistently low. We are now working on plans to start a new group in Tewkesbury in the spring of 2024. This will involve forging new links with the NHS Respiratory Champions in the area. We are also planning to make those links in central Gloucester, where there is a need to increase take-up of community and creative health services. In a possible further development in 2024, we are working with the ICB and Creative Health partners to explore potential for a Cardiac Creative Health Pilot, to provide similar breathing and wellbeing support for people diagnosed with heart failure.

Inclusion and Diversity

This year we have focused on developing connections and engagement with some of the ethnically diverse communities in central Gloucester.

Regular visits to the monthly Barton & Tredworth memory café at Charter Court have created opportunities to talk informally with carers, staff and volunteers, to make links with other visiting organisations and to provide opportunities for singing and music-making, either spontaneously or in a more planned way, for example celebrating Jamaican Independence Day in August. We are beginning to create singing resources for the group and hope to provide some training for staff and volunteers in the coming year. We have recently completed a course of Music Therapy at Home with a client with Young Onset Alzheimer's who came to our attention through the café.

In February we were once again involved in planning and supporting the Dementia Education Event at the Friendship Café in Gloucester, led by the ICB. We produced a multi-lingual information leaflet about Mindsong and on the day spoke to various different groups from within the Asian Islamic communities. Although music as such may not be endorsed within Islam, we had discussions about the potential for family carers to use Qur'an recitations to support people with dementia. This led to further meetings and conversations with professionals and individuals from these communities, including community outreach workers, Imams and experts in Qur'an recitation, which has increased our learning about the role of the Qur'an and how music is viewed within Islamic culture and religion. Juwairiyia Motala, Community Engagement and Involvement Manager for Gloucestershire Hospitals NHS Foundation Trust, has been and continues to be instrumental in helping us to make many of these introductions and connections. More are planned for 2024!

In November, Juwairiyia, myself and Suemya Vaid, who is an outreach worker with the Complex Care at Home Team, co-facilitated a session for the Elderly Women's Group which meets at the Friendship Café. Juwairiyia and Suemya acted as interpreters for this mainly Gujarati-speaking group. The focus of our session was to encourage people to share their personal connections with the Qur'an - favourite verses and reciters, memories, experiences and stories. During the session this also extended to sacred songs and secular music (such as Bollywood songs) that was important to them. We talked about the idea of creating personal playlists which can be shared with family and friends and may be a helpful way to support a relative with dementia. By the end of the session the room was alive with people singing together, sharing memories, photos and videos of significant moments throughout their lives (school assemblies, weddings, leaving home, births and deaths...) and the prayers or music associated with them. Instruments I brought with me were also played by some and helped to spark interaction, curiosity and fun.

"I have had feedback from some of the ladies' families as to how much they enjoyed and how great the playlist idea was. My own children have started to have conversation with their grandparents and started to create a playlist for them." (community outreach worker)

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During the summer I made contact with Blanche McCalla and arranged some visits to the Ebony Carers group in Gloucester. I delivered short singing sessions as requested, talked informally with group members, shared information and leaflets about all our services and learned about song preferences for this group. Next year I hope to return and possibly develop a songbook and discuss ideas for further support and training.

I have also been in discussions with Charles Campbell, local pastor and musician, to explore ways of engaging with the local community so that we can enable and encourage them to use their musical skills to support people with dementia within the community.

New Voices and Voices of Aphasia choirs

New Voices is about to celebrate its 7th birthday! This choir which supports people with aphasia takes place fortnightly at Rodborough Parish Hall in Stroud. It is run by our music therapist Becky Lunt, with volunteer accompanist Sylvia Ardron, who is also one of our trustees.

New Voices has seen various changes and developments since it was first set up in 2017 by music therapists Jane Crampton and Rachel Smith. In 2021 Mindsong entered into partnership with Reconnect Gloucestershire, who provide funding through a Lottery grant and support the ongoing management and administration of the sessions. This has proved to be a very successful arrangement and the choir is now running at capacity, with a membership of around 25 people including Reconnect staff and volunteers. Becky describes the choir as "quite a community" which has welcomed many new members in the last year or so. Although not everyone has aphasia, all members have had a stroke. In addition, quite a few have a recent dementia diagnosis and came to New Voices after attending one of our Mindset courses.

Family carers are also welcomed to the sessions and many attend regularly with their partner and value the support and sense of community.

In a further development of our collaboration with Reconnect, this year it extended its support to fund a weekly online choir that was established by Becky Lunt and fellow music therapist Sharon King. Voices of Aphasia Online takes place weekly on Zoom and is accessible to those who would find it difficult to get to an in-person group, as well as people from a wider area. Recent referrals have been received from Surrey, Nottinghamshire and Essex. Approximately 18 people join the weekly online sessions and this has created a welcoming and supportive community for people whose lives have been affected by a stroke and possibly also aphasia. Family members and carers are also welcomed into the choir. As well as the weekly online sessions, choir members meet together every few months for a singing session in person, which provides a wonderful social opportunity to enjoy each other's company and sing together.

Ruth Melhuish

Deputy Director of Music Therapy, Inclusion & Diversity Lead, Respiratory Lead.

Volunteer-Led Services: Kate Hicks Beach

Overview

Following a period of adaptation, growth and development, 2023 has been a year of consolidation, shoring up and cementing foundations and looking forward to where those new and growing services are heading.

Sing 2 Remember

The main areas of growth for Volunteer-led services have been in our Sing 2 Remember community singing groups, and in our training and enhancement of the volunteer experience. Engaging the volunteers and keeping in close contact enables them to pass on the benefit to those we sing with. Ultimately everything we do is to better the hour, day, week of each resident or community group member we interact with. At the beginning of 2023 we had Sing 2 Remember groups in the following places:

- Online
- Cirencester
- Bourton-on-the-Water
- Cheltenham
- Churchdown
- Tewkesbury

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We now have additional groups in:

- Lydney
- Hucclecote
- Stroud
- A second group in Bourton-on-the-Water
- Wotton-Under-Edge
- Chipping Sodbury

Our plan was to have flagship Sing 2 Remember groups within a 20-minute drive from anywhere in the county and this is something we believe we have achieved this year with our groups. We are beginning to develop a second tier of Sing 2 Remember services with our vocal leaders going into existing day centres, community groups and memory cafes. We are also developing a scheme for some of those groups to lead their own music sessions with training, support and resources from our Sing 2 Remember team.

Sing 2 Remember online

The online Sing 2 Remember group still amazes us. We have been running for nearly 4 years now, and have missed just a handful of Fridays in all that time. The group has changed: some have died, some have gone into care homes, but the mix is varied and the strength of the friendships in that meeting is extraordinary. Here is a brief description of those who make up the group:

- G joins from Canada each week. He is a widower. His wife passed away this year and had dementia. He has a great singing voice and leads at least 2 songs. He gets up at 5am to join. Two of his sisters and two of his brothers are also on the sessions.
- P lives on her own, she has dementia and receives both family and carer support. Each week Bob Merrill, Mindsong, calls her, describes her iPad, describes her songbook, talks her through the various processes, and gets her onto the meeting. It is nothing short of miraculous. Each week, after the session, I get a phone call at home from her which says, 'thank you muchly, that was bloody marvellous.'
- M comes each week. He is a widower, his wife died in 2022 from complications as a result of dementia. M continues to enjoy the company and the support of the group.
- N has only missed one session, when she was having an eye operation. She is 94 and lives on her own.
- T and M join each week. M has dementia and T looks after her. They have had a fascinating life living in French Guyana. When we asked the group if they wanted to continue once covid restrictions were lifted, T said that it is the one thing M still recognises.
- B and B never miss a session unless they are at a special event. B finds wonderful things for B to do: walking with llamas, gardening in a dementia friendly allotment. They come to 5 Sing 2 Remembers on different days in different places.
- R is recently widowed. Her husband was a wonderful singer and key performer in the operatic society. They always sang in beautiful harmony and she continues to produce an array of costumes for each song she sings. She finds it hard to sing without J, and often sings the harmony of the song, rather than the tune. She is a much-loved member of the group.
- B and C have been in the group from the start. B is a wonderful singer with a resonant bass voice. Recently he has had a spell in hospital and is now in a care home. After a horrible few months, he is settled now and C and he join us from his care home room, and he continues to lead us in some of his favourite songs.

Volunteers

With much work on the database, on recruiting, updating and refreshing the training we offer to our volunteers, we have at present 357 volunteers.

- 39 of those volunteers are non-active at present but intending to continue their volunteering at some point and so have requested to stay on the database
- 318 are fully active in 55 care home and day care centre groups, with 6 groups pending, 6 closures since the start of the year, and 5 where group visits have been suspended temporarily for reasons within the homes.

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Training

While we have always been proactive in recruiting and training volunteers, this year our training and engagement has expanded to include:

- Formalised projects with University of Gloucestershire involving their 3rd year Undergraduates
- Volunteering opportunities and support for University of Gloucestershire students on the Popular Music course (community music module)
- Training musicians for Wye Valley Music organisation
- Working with Gloucestershire Dementia Education Strategy Team as the final part of their 12-week (one day a week) Progression of Dementia training for Dementia professionals in the county.
- Extension of Dementia Awareness training for all our volunteers (optional)
- Twice yearly volunteer gatherings in 4 separate locations around the county with Dementia Awareness training and updates from Music Therapy team
- Visiting speakers on Zoom
- Open gardens in Coin St. Dennis (raised £24,000) with volunteers from all across the county joining to sing, helping with the event, engaging with the public as representatives of Mindsong

Community

We have been working to provide community and support for members of our Sing 2 Remember groups, not only by providing fortnightly or monthly singing sessions, but also:

- Trips, picnics, concerts, gatherings, all dementia facilitating
- Support from community partners such as Churn Project, Community Dementia Links, Community Dementia Nurses, Social Prescribers, GP Practices
- Trained volunteer groups who live locally to each group and have ongoing supportive involvement with members

Below is a brief overview, month by month, of 2023 in our Volunteer-Led Services

February 2023

- New Sing 2 Remember group for Lydney development - new vocal leader Rebekah Gueye joins team
- Sing 2 Remember volunteer leaders meeting and planning session
- Meetings with Ken Scott from Kent Arts and Well Being to develop Mindsong's model in Kent
- New monthly online Dementia Awareness trainings and Volunteer Inductions for Mindsong volunteers

March 2023

- Planning meetings for Dementia Action Week with Managing Memory
- Meetings with Gary-Martin Rolinson to formalise University of Glos project parameters
- New Sing 2 Remember group starts in Lydney
- New Sing 2 Remember group starts at The Keepers in Wotton-Under-Edge
- Dementia training for Wye Valley Music musicians - broadening our net and building partnerships through our training
- Progression of Dementia Course: provision of final session for dementia professionals on how to offer and facilitate music for people living with dementia
- Monthly online Dementia Awareness trainings and Volunteer Inductions for Mindsong volunteers
- Breakfast fundraiser to fund more Sing 2 Remember songbooks
- South Gloucestershire Volunteer gathering
- Initial session with University of Gloucestershire student cohort

April 2023

- Volunteer Gathering at Highnam Parish Rooms
- Volunteer Gathering Cirencester
- Planning for Open Garden fundraising event
- Attending Train the Trainer training update at Charlton Lane
- Julia Glandot qualified to deliver Dementia Awareness sessions for Glos Dem. Ed Strategy team
- Monthly online Dementia Awareness trainings and Volunteer Inductions for Mindsong volunteers

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May 2023

- Dementia Action Week events - Managing Memory team have stands at several Sing 2 Remember sessions
- Monthly online Dementia Awareness trainings and Volunteer Inductions for Mindsong volunteers

June 2023

- New Sing 2 Remember group starts Chipping Sodbury
- Open garden event in Coln St Dennis (raises £24,000)

July 2023

- Progression of Dementia Course: provision of final session for dementia professionals on how to offer and facilitate music for people living with dementia
- Monthly online Dementia Awareness trainings and Volunteer Inductions for Mindsong volunteers

August 2023

- 2-week summer step back for Area Coordinator team: some continuing to work but stepping back from attending groups for 2 weeks
- Willow Trust outing for Sing 2 Remember clients
- Annette Miles steps down as North Cotswolds area coordinator. Kate Hicks Beach takes up role
- Liz Glanfield takes on role as Stroud area coordinator

September 2023

- New Sing 2 Remember group in Stroud

October 2023

- Volunteer gatherings in Cheltenham, Mitcheldean, Wickwar and Cirencester
- New Together in Song group at Northfields Care Home in Stroud

November 2023

- New Together in Song group at Scarlet House in Stroud
- Visit from Steve Moore of Gloucestershire Carer's Hub
- Progression of Dementia Course: provision of final session for dementia professionals on how to offer and facilitate music for people living with dementia
- November Nights Zooms: with Simon McDermott on the subject of his father Ted McDermott, and the inspirational experience of sharing the effects of music on Ted's well-being; A look at Kimberley Littlemoor's educational films of her parent's experience with dementia, with discussion.
- Mental Health First Aid Training for Mindsong staff
- Community Dementia Link 12-hour training for Mindsong staff and key volunteers

December 2023

- Mindsong Christmas Come and Sing event for Mindsong community
- Singing, Sherry and Celebration Christmas event with Churn Project and St. James's place in Cirencester Parish Church
- Fundraising concerts from volunteers across the county who sing in choirs
- Visit to Freemasons Stroud. Mindsong is their nominated Charity 2023/2024

Our team

Kate Hicks Beach Director of Volunteer-Led Services
Paige Halliwell Services Coordinator & Vocal Leader

Together in Song

We are a team of 8 area coordinators:

Bob Merrill: Cirencester and Tetbury

Charles Scott: Forest of Dean

Chris Renfield: Forest of Dean

Jo Simons: Cheltenham

Kate Hicks Beach: North Cotswolds

Kay Tily: South Gloucestershire

Liz Glanfield: Stroud

Paige Halliwell: Gloucester & Tewkesbury

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Sing 2 Remember

Vocal leaders:

Biddy Turner Stroud

Janne Bishop Bourton-on-the-Water

Julia Glaudot Cheltenham/Tewkesbury

Kate Hicks Beach Cirencester/Online

Kay Tily Chipping Sodbury/Wotton-Under-Edge

Paige Halliwell Churchdown/Hucclecote/Kimbrose Club/Online

Rebekah Gueye Lydney

Testimonials 2023

The testimonials below show something of the reach of what we have been doing: care home staff thanking volunteers; volunteers proud to be part of what we do; members of our Sing 2 Remember groups who have experienced extreme lows post diagnosis who find joy and community as a result of the sessions; people with huge language loss, finding words to express their feelings after singing together. The quotes speak for themselves.

Spoken testimonial from Mindsong volunteer

"Your sessions are such fun; it hardly feels like volunteering!"

Spoken testimonial from resident in care home, during group

B is largely non-verbal but participates enthusiastically in all sessions. One session he called me over and held my hand which he pumped for emphasis as he spoke *"I - don't - words - never. I sing songs all words come. Forgotten, no. Best - thing - in - the - world!"*

Spoken testimonial from husband of member who attends four Sing 2 Remember groups

"We don't want to miss a single one, because it does B such a load of good."

Spoken testimonial from wife resident care home after group

T was a church organist. He has always joined our sessions and likes to sing a verse of Cherry Ripe each time. After a period where his dementia had progressed and interrupted his balance and his ability to join us in the lounge, he reappeared with his wife and sang and smiled throughout the session. After the session his wife said to the group of volunteers that she had been very depressed, that T wasn't recognising her much of the time, and that she had been visiting him less because it was so distressing. She said, *"Today he held my hand and he has been smiling all the way through and since I heard him singing Cherry Ripe again, it has given me a bit of hope that it's not all over."*

Spoken testimonial from a Sing 2 Remember group

"Going to the groups makes me feel like I'm not alone, that I haven't just been discarded and put to one side because I am useless. It turned a light on, knowing that I wasn't the only one, and it made me feel really, really hopeful and I'm not frightened anymore."

Spoken testimonial from a supporter at Sing 2 Remember

A lady who brings her neighbour to Sing 2 Remember in Cirencester approached at the end. The lady she brings is full of life but nonverbal. She dances, giggles, sings, and sometimes sits with one of the volunteer's puppies sleeping on her lap. She is in a state of elation through much of the session. The lady said of her neighbour: *"You see her now? well she is like this for the whole of the next day, each time we come."* She went on to say that at times she can be very low, so the impact of the singing sessions is very significant.

Email from volunteer about an exchange with the a/c

When we were leaving Cotswold House yesterday, and Kristin was saying goodbye on the doorstep, out of the blue she said something so significant it took my breath away. "What you don't see while you're here is the resident who has hallucinations all the time, not hallucinating, or the other resident who constantly wanders, not wandering. They were both in the room with you."

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FINANCIAL REVIEW

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year, although the current financial climate has made this difficult to achieve since the pandemic. We do however begin our year with 68% of funding in place. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

FUTURE PLANS

We continue to develop, refine and expand the services we offer. We also look at where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will find innovative ways to take on new challenges.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Our Core Team

Karen Lawton Chief Executive
Julia Glaudot Business Administrator & Vocal Leader

Maggie Grady Director of Music Therapy
Ruth Melhuish Deputy Director of Music Therapy
Shirley Grant Administrator (music therapy)

Kate Hicks Beach Director of Volunteer-Led Services
Paige Halliwell Mindsong Services Co-ordinator

Maggie and Ruth manage our team of 16 music therapists and 2 Vocal Leaders (respiratory)

Kate manages our team of 8 Local Area Coordinators and together they support and train our amazing volunteers working in care homes.

Kate and Paige both manage and set up our Sing 2 Remember groups and their vocal leaders.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL
Phone: 01684 273656 | 07989 936270
Email: admin@mindsong.org.uk
Website: mindsong.org.uk

STATEMENT OF TRUSTEES' RESPONSIBILITIES

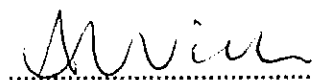
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 28.03.2024 and signed on its behalf by:



Angela Willis - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSONG

Independent examiner's report to the trustees of Mindsong

I report to the charity trustees on my examination of the accounts of Mindsong (the Trust) for the year ended 31 December 2023.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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.



Roger Downes FCA



BK Plus
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

Date: 28 March 2024

MINDSONG

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	31.12.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	47,485	-	47,485	36,124
Charitable activities	3				
Charitable		<u>154,388</u>	<u>76,000</u>	<u>230,388</u>	<u>196,463</u>
Total		<u>201,873</u>	<u>76,000</u>	<u>277,873</u>	<u>232,587</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable		<u>241,891</u>	<u>83,211</u>	<u>325,102</u>	<u>315,058</u>
NET INCOME/(EXPENDITURE)		(40,018)	(7,211)	(47,229)	(82,471)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
TOTAL FUNDS CARRIED FORWARD		<u>208,508</u>	<u>10,661</u>	<u>219,169</u>	<u>266,398</u>

The notes form part of these financial statements

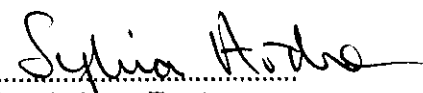
MINDSONG

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	31.12.22 Total funds £
CURRENT ASSETS					
Debtors	10	1,258	-	1,258	3,566
Cash at bank		<u>213,404</u>	<u>10,661</u>	<u>224,065</u>	<u>267,299</u>
		214,662	10,661	225,323	270,865
CREDITORS					
Amounts falling due within one year	11	<u>(6,154)</u>	<u>-</u>	<u>(6,154)</u>	<u>(4,467)</u>
NET CURRENT ASSETS		<u>208,508</u>	<u>10,661</u>	<u>219,169</u>	<u>266,398</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>208,508</u>	<u>10,661</u>	<u>219,169</u>	<u>266,398</u>
NET ASSETS		<u>208,508</u>	<u>10,661</u>	<u>219,169</u>	<u>266,398</u>
FUNDS	12				
Unrestricted funds				208,508	248,526
Restricted funds				<u>10,661</u>	<u>17,872</u>
TOTAL FUNDS				<u>219,169</u>	<u>266,398</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28.02.2024 and were signed on its behalf by:


.....
Angela Willis - Trustee


.....
Sylvia Ardron - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Going concern

The trustees have considered the funding required by the charity for a period of more than 12 months from the date of approval of these financial statements. The charity relies on several sources of funding to raise its income and has secured sufficient funding for the foreseeable future to meet its operational plans. On this basis, the trustees consider the charity to be a going concern and have prepared the financial statements on that basis.

Income

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

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income, care home contributions and donations are credited to income on receipt.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. DONATIONS AND LEGACIES

	31.12.23	31.12.22
	£	£
Donations	<u>47,485</u>	<u>36,124</u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

3. INCOME FROM CHARITABLE ACTIVITIES

		31.12.23	31.12.22
	Activity	£	£
Grants	Charitable	99,450	87,000
Care home contributions	Charitable	15,448	21,774
Other music therapy income	Charitable	4,039	4,154
Other delivery	Charitable	5,451	3,535
Clinical commissioning	Charitable	106,000	80,000
		<u>230,388</u>	<u>196,463</u>

Grants received, included in the above, are as follows:

	31.12.23	31.12.22
	£	£
J & H Rausing Trust	38,500	45,000
Zurich Community Fund	26,700	17,000
National Lottery	11,250	-
Gloucestershire Carers Legacy	10,500	10,000
Thriving Communities	7,500	-
Young Gloucestershire	4,000	-
Utley	1,000	-
Gloucestershire County Council	-	10,000
Mercers Co	-	5,000
	<u>99,450</u>	<u>87,000</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5) £	Support costs (see note 6) £	Totals £
Charitable	<u>323,848</u>	<u>1,254</u>	<u>325,102</u>

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.23	31.12.22
	£	£
Staff costs	11,356	10,213
Insurance	786	781
Marketing	974	1,569
Cost of fundraising	-	104
Volunteer costs and expenses	56,540	51,471
Delivery of music therapy	166,641	163,833
Other delivery	3,829	4,869
Training	1,792	1,091
Equipment	2,147	7,697
Travel	1,989	1,246
Administration	77,794	70,660
	<u>323,848</u>	<u>313,534</u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

6. SUPPORT COSTS

		Governance costs
		£
Charitable		<u>1,254</u>

Support costs, included in the above, are as follows:

	31.12.23	31.12.22
	Charitable	Total
	£	activities
Independent examination	<u>1,254</u>	<u>1,524</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.23	31.12.22
Admin	<u>14</u>	<u>13</u>

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	36,124	-	36,124
Charitable activities			
Charitable	<u>179,463</u>	<u>17,000</u>	<u>196,463</u>
Total	<u>215,587</u>	<u>17,000</u>	<u>232,587</u>
EXPENDITURE ON			
Charitable activities			
Charitable	<u>277,029</u>	<u>38,029</u>	<u>315,058</u>
NET INCOME/(EXPENDITURE)	(61,442)	(21,029)	(82,471)
RECONCILIATION OF FUNDS			
Total funds brought forward	309,968	38,901	348,869
TOTAL FUNDS CARRIED FORWARD	<u>248,526</u>	<u>17,872</u>	<u>266,398</u>

MINDSONG

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23	31.12.22
	£	£
Income due	<u>1,258</u>	<u>3,566</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23	31.12.22
	£	£
Trade creditors	1,302	-
Taxation and social security	3,549	3,116
Other creditors	<u>1,303</u>	<u>1,351</u>
	<u>6,154</u>	<u>4,467</u>

12. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	248,526	(40,018)	208,508
Restricted funds			
NHS Gloucestershire CCG	14,872	(7,436)	7,436
Utleigh Foundation	3,000	(3,000)	-
Mindset	-	3,225	3,225
	<u>17,872</u>	<u>(7,211)</u>	<u>10,661</u>
TOTAL FUNDS	<u>266,398</u>	<u>(47,229)</u>	<u>219,169</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	201,873	(241,891)	(40,018)
Restricted funds			
NHS Gloucestershire CCG	56,000	(63,436)	(7,436)
Utleigh Foundation	-	(3,000)	(3,000)
Mindset	20,000	(16,775)	3,225
	<u>76,000</u>	<u>(83,211)</u>	<u>(7,211)</u>
TOTAL FUNDS	<u>277,873</u>	<u>(325,102)</u>	<u>(47,229)</u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	309,968	(61,442)	248,526
Restricted funds			
NHS Gloucestershire CCG	26,223	(11,351)	14,872
Utle Foundation	10,031	(7,031)	3,000
Mercer Co	<u>2,647</u>	<u>(2,647)</u>	<u>-</u>
	<u>38,901</u>	<u>(21,029)</u>	<u>17,872</u>
TOTAL FUNDS	<u>348,869</u>	<u>(82,471)</u>	<u>266,398</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	215,587	(277,029)	(61,442)
Restricted funds			
NHS Gloucestershire CCG	17,000	(28,351)	(11,351)
Utle Foundation	-	(7,031)	(7,031)
Mercer Co	<u>-</u>	<u>(2,647)</u>	<u>(2,647)</u>
	<u>17,000</u>	<u>(38,029)</u>	<u>(21,029)</u>
TOTAL FUNDS	<u>232,587</u>	<u>(315,058)</u>	<u>(82,471)</u>

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe in Sing out', supporting people with chronic lung conditions through singing groups.

Restricted Fund - Utle Foundation

A project using the skills of our Meaningful Music team, to give others in the UK (or beyond) the confidence to start their own singing groups for people with dementia, using our ethos, techniques and experience.

Restricted Fund - Mercer Co

Music Therapy for the homeless, in partnership with Gloucester City Mission (delivery initially postponed due to Covid). This service stopped in 2022.

Restricted Fund - Mindset

A 10-week course for a group of six to eight people who have recently (within 12 months) been diagnosed with a form of dementia, with 2 sessions for carers to attend as well. It provides emotional and practical support and can often help people adjust to living with the illness. The courses are free to attend and accept both clinical and self-referrals. Mindset offers both practical information about living with dementia alongside a supportive environment for people to share and express their concerns about their diagnosis.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

MINDSONG

England & Wales - Charity number 1177043

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022
FOR
MINDSONG**

Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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Statement of Financial Position	11
Notes to the Financial Statements	12 to 17

MINDSONG

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2022

TRUSTEES	Mitchell Watkins Chair until 31.8.23 (resigned 31.8.23) Elaine Grunbaum Treasurer and Chair from 1.9.23 Sylvia Ardron Secretary Helen Owen Anthea Holland Katy Bagnall (resigned 13.2.23) Philippa Shaw (resigned 22.2.22) Ashwin Pillay (resigned 20.6.22)
PRINCIPAL ADDRESS	28 Vine Way Tewkesbury Gloucestershire GL20 5FJ
REGISTERED CHARITY NUMBER	1177043
INDEPENDENT EXAMINER	Andorran Limited 6 Manor Park Business Centre Mackenzie Way Cheltenham Gloucestershire GL51 9TX

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 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).

OBJECTIVES AND ACTIVITIES

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and for people with dementia at time of diagnosis.

Though we are primarily dementia focussed Mindsong is part of the innovative provision of Arts on Prescription (Social Prescribing) in Gloucestershire and works with people who have chronic lung conditions. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

Meaningful music-making and singing lies at the heart of what we do. In an uncertain world, we aim to provide a supportive presence for the people we work with, whether they live with dementia or other health conditions, always listening with open ears and offering comfort and companionship.

All our work springs from a music therapy ethos of always seeing the strengths, abilities and potential in everybody we encounter. Our approach is based on ever-evolving knowledge and research about the potential for music to be used as a powerful tool in healthcare.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

How we meet our Objects

Mindsong provides a range of therapeutic services to people with dementia, and other neurological disorders such as Parkinson's and Huntingdon's disease, who live in care homes and their own homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our music therapy services.

Our Together in Song Singing Group service is provided by our volunteers (many of whom are ex-health and mental health professionals) who are trained and supported by our Director of Volunteer-Led Services and her team.

We also take on additional projects where music can have a significant impact on health.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

OBJECTIVES AND ACTIVITIES

Who we work with

People who have dementia and who live in care homes, or are being cared for in their own homes, are often wrongly assumed to be the least able to participate in or contribute to any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems. This can lead to isolation and loneliness both for the person with dementia and those that care for them.

We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our services with respect for those at their most vulnerable. The people we work with are at the centre of all that we do.

In addition, we use our skills as part of Arts on Prescription, running courses that will have an impact on health and wellbeing. In 2022 this work was for people with chronic lung disease, Long Covid and aphasia.

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

An Overview

With Covid-19 still a feature for all of us, and especially the people we exist to benefit, we spent 2022 gradually adapting what we do so that someone would feel safe getting out and socialising again. For everyone, including our staff, the pandemic has had a long-lasting effect and we didn't underestimate the differing levels of support needed.

We needed to recruit more volunteers, respond to higher levels of poor health and increasing referrals for all services. All this against a backdrop of reduced funding. However, respond we did and found so much joy in socialising face-to-face again, making new friends and being able to stretch our wings. 2022 was a year of consolidation, getting used to hugging again and plans for the future.

"Dear Shirley,

On behalf of my Father Tony Rust, myself and family, I'd like to take this opportunity to thank Mindsong and all who work for this marvellous charity, for all the good work you do.

Through the music therapist (Becky), Mindsong has given my Father an opportunity to express himself in a joyful way. It's been such a lovely experience seeing him come alive and have fun! For the hour he has been allocated, he has a wonderful time which allows him to enjoy music and with that memories long forgotten, also being able to vocalise thoughts in a positive way. I see more of the man he once was.

Without all of your hard work and fundraising this would no doubt be impossible.

Thank you so much.

Best Wishes,
Nicola Miles"

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE - continued

Mindset (New Work)

A new initiative that we felt was the missing piece in our range of services. A 10 week course of talking therapy for people within their first 12 months of a dementia diagnosis, with their carer partners joining at weeks 1 and 10.

The aim was to give people time and space to come to terms with a diagnosis and what it means for them. We learnt a lot about people's experiences of earlier stages and the process of diagnosis. It helped create a fuller picture of not only what the person with dementia contends with, but also the family / supporter too.

We ran 4 courses and planning is in place to continue and expand in 2023. This work is funded by NHS One Gloucestershire via Gloucestershire County Council.

Celebrating 10 Years as a charity

10 years seems to have flown by and we are unrecognisable from the organisation we were in 2012. A wonderful garden party was had at Highnam Court, with many of our volunteers, funders, friends and clients taking tea in the gardens. Singing was the highlight of the day!

Music Therapy

"I'm writing to express our family's gratitude for agreeing for Mum to have the Mindsong music therapy sessions - they have been wonderful! Despite some initial apprehension prior to the first home visit, Mum has thoroughly and completely enjoyed every session. So much so, that it has become an eagerly anticipated highlight of Mum and Dad's week. My wife and I, or brother and his wife have attended each session and it's been wonderful to see our parents happy and joyful during the hour. Mum can also be quite animated and has rediscovered her cheeky, mischievous spark! Laura (therapist) has been an instant hit, her caring, personable nature and positivity is a real tonic, a weekly ray of sunshine in their lives."

(Family carer, Music Therapy at Home)

2022 saw referrals jump quite significantly. We received 116 referrals and worked on 119.

Our Music Therapy at Home (MT@H) service continued to be in high demand, with 116 referrals received from GPs, Community Dementia Nurses, Alzheimer's Society Dementia Advisers, Later Life Mental Health Teams, Social Prescribers and self-referrals. In total, we worked with 119 different families, providing Music Therapy in people's own homes, (this includes some cases carried over from the previous year or clients having ongoing sessions). Each case involves us working with at least one person, mostly two or more, as family carers and other family members attend sessions. The total number of people we worked with is therefore more likely to be double this number. In all we delivered 1,059 music therapy sessions.

For some of our clients, we remained the only service providing in-person visits for the early part of the year. This helped to reduce social isolation and loneliness, but also gave us opportunities to pick up on vulnerable situations that needed extra support, in which we were either able to give, or signpost / advocate for.

"To see (my wife) tapping the tambourine and singing along is just fantastic. She becomes more alive... it has lifted the pair of us. I am blown away by how incredible it is... it evokes memory and I have discovered that I can actually sing a bit! It has opened up a whole new world for us."

(Family carer, Music Therapy at Home)

Feedback highlighted how successful Music Therapy is in supporting wellbeing, communication, strengthening a sense of identity and relationships. As well as the therapy itself, we work with family carers to develop bespoke practical uses of music to support daily care to use outside session times, and this has been invaluable too.

"Beth (therapist) has made our days brighter. Everyone comments on how much happier we both are. From out of nowhere, P's speech has improved dramatically. We can only put this down to the singing. Music therapy has given us both encouragement, we feel valued by someone giving us their time."

(Family carer, Music Therapy at Home)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022**

ACHIEVEMENT AND PERFORMANCE - continued

Breathe In Sing Out (BISO)

Having successfully maintained the groups over Zoom during the pandemic, in-person BISO sessions resumed in September 2022 in all venues i.e. Cheltenham, Gloucester, Dursley, Stroud, Bourton-on-the-Water, Cirencester and Lydney.

Most people were happy to return to face-to-face, but we continued to offer one online group. This worked well for those who remained unsure about mixing with others, or who could not access the groups due to mobility or other health issues. There was also a hybrid option to attend in-person sessions via Zoom, which was taken up by one or two long-term participants in the Gloucester and Cheltenham groups, who wanted to stay with the group they knew.

"I am valuing your sessions very much, as well as enjoying them. I know I could do even better if I had a less manic lifestyle. I find your teaching fun and inspirational, as well as effective in terms of the ultimate goal of respiratory capacity and control - thank you! I have had a feeling of well-being after the classes which I have put down partly to the breathing exercises but also to being in a group. I found the group great, supportive and nonjudgmental and friendly."

(BISO participant)

Long Covid Support Groups

These groups continued this year online, and both were well attended. It became obvious to us that a supportive group where someone could discuss their symptoms and their effect on their lives was of equal importance to learning better breathing techniques.

We will assess, during 2023, the continuing need for Long Covid support and whether we can merge this group with BiSo.

"All positive. Friendly group, welcoming. Good to meet with others who struggle as it takes away your own isolation. Breathing has improved with learning new skills, sharing of information and ideas."

(Long Covid Support Group Participant)

Volunteer-Led Services: Kate Hicks Beach

Overview

A year of getting some sense of normality. Providing safe spaces to meet and sing together, recruiting new volunteers and gradually returning to care homes. This was a year of consolidation and planning for 2023.

"When we were leaving Cotswold House yesterday, and Kristin (the a/c) was saying goodbye on the doorstep, out of the blue she said something so significant it took my breath away. "What you don't see while you're here is the resident who has hallucinations all the time not hallucinating, or the other resident who constantly wanders, not wandering. They were both in the room with you."

(Email from a volunteer)

We started the year with 289 volunteers who valiantly kept our care homes singing. Although we did begin to see some homes close for good this year, we were able to move our teams to others as they opened up. Our recruitment drives through local choirs and via friends and neighbours saw our ranks swell to 342 by the end of the year.

Thanks to The Utley Foundation, we were able to make several films this year showcasing our Sing 2 Remember sessions and showing the benefits of volunteering. All are available on our YouTube channel.

Time was spent (enjoyably face-to-face) at several Volunteer Gatherings where we could share experiences, refresh our training, meet new people and promote the full range of services Mindsong offers through presentations from our therapists.

We managed what we (hope/think!) is a world record for simultaneous quodlibets - 9 songs sung at the same time. Quite a feat.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE - continued

Sing 2 Remember

We expanded our Sing 2 Remember groups to 5, 4 in person and 1 online, with an average attendance of 35. We are now in Bourton on the Water, Cirencester, Cheltenham and Churchdown. As before, members were a mix of people with dementia, family carers and people who were feeling isolated and lonely.

We ran a taster session in Tewkesbury with 40 people in attendance, which will start running permanently in January. We have plans to start more new groups in 2023.

Together in Song (Care Homes)

Our teams were in 62 care homes by the end of the year and we have more on the waiting list for 2023.

'It was hard for them at first as I think they were a bit disorientated and it took my mum especially a while to settle in.

After a few weeks I discovered that Mindsong visited, so I took them both along. My mum mainly went along to keep my dad company. My dad loved taking part as he used to be a choirboy in his youth. He would sing/harmonise to the old tunes he remembered, encouraged by your lovely volunteers. It was so lovely to see how happy it made him and for my mum to watch him enjoying himself. One day, he really surprised me, when the volunteers had asked for requests and Dad asked for Farmers Boy, a WW 1 song. They didn't have it to hand, but someone found it online and at the next session he stood up with a little help and sang his heart out as a solo. I will never forget that moment as it brought me so much joy. Going to Mindsong really enhanced his life there until he became bedbound.

Unfortunately he died during the pandemic and I didn't get to say goodbye to him in person, but I had Farmers Boy played at this funeral, which brought a smile to my face, especially as some of the words were a bit naughty. I'm sure my dad would have approved."

(Letter from someone whose parents had just moved into a care home)

FINANCIAL REVIEW

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

FUTURE PLANS

We continue to develop, refine and expand the services we offer. We also look at where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will find innovative ways to take on new challenges.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, particularly for women, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

Our Core Team

Karen Lawton Chief Executive
Julia Glaudot Business Administrator & Vocal Leader

Maggie Grady Director of Music Therapy
Ruth Melhuish Deputy Director of Music Therapy
Shirley Grant Administrator (music therapy)

Kate Hicks Beach Director of Volunteer-Led Services
Paige Halliwell Assistant to Director of Volunteer-Led Services

Maggie and Ruth manage our team of 13 music therapists and 2 Vocal Leaders (respiratory).

Kate manages our team of 6 Local Area Coordinators and together they support and train our amazing volunteers working in care homes.

Kate and Paige both manage and set up our Sing 2 Remember groups and their vocal leaders.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL
Phone: 01684 273656 | 07989 936270
Email: admin@mindsong.org.uk
Website: mindsong.org.uk

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

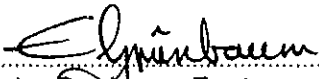
MINDSONG

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 17/10/23 and signed on its behalf by:


.....
Elaine Grunbaum - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSONG

Independent examiner's report to the trustees of Mindsong

I report to the charity trustees on my examination of the accounts of Mindsong (the Trust) for the year ended 31 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.



Roger Downes FCA



Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

18 October 2023

MINDSONG

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	36,124	-	36,124	11,943
Charitable activities	3				
Charitable		179,463	17,000	196,463	297,564
Total		<u>215,587</u>	<u>17,000</u>	<u>232,587</u>	<u>309,507</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable		<u>277,029</u>	<u>38,029</u>	<u>315,058</u>	<u>244,571</u>
NET INCOME/(EXPENDITURE)		(61,442)	(21,029)	(82,471)	64,936
RECONCILIATION OF FUNDS					
Total funds brought forward		309,968	38,901	348,869	283,933
TOTAL FUNDS CARRIED FORWARD		<u><u>248,526</u></u>	<u><u>17,872</u></u>	<u><u>266,398</u></u>	<u><u>348,869</u></u>

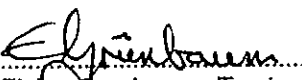
The notes form part of these financial statements

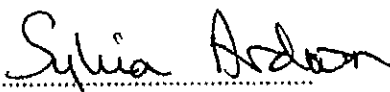
MINDSONG

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
CURRENT ASSETS					
Debtors	10	3,566	-	3,566	1,832
Cash at bank		<u>249,427</u>	<u>17,872</u>	<u>267,299</u>	<u>351,285</u>
		252,993	17,872	270,885	353,117
CREDITORS					
Amounts falling due within one year	11	(4,467)	-	(4,467)	(4,248)
NET CURRENT ASSETS		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
NET ASSETS		<u>248,526</u>	<u>17,872</u>	<u>266,398</u>	<u>348,869</u>
FUNDS	12				
Unrestricted funds				248,526	309,988
Restricted funds				<u>17,872</u>	<u>38,901</u>
TOTAL FUNDS				<u>266,398</u>	<u>348,869</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 17/10/23..... and were signed on its behalf by:


Elaine Grunbaum - Trustee


Sylvia Ardron - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Going concern

The trustees have considered the funding required by the charity for a period of more than 12 months from the date of approval of these financial statements. The charity relies on several sources of funding to raise its income and has secured sufficient funding for the foreseeable future to meet its operational plans. On this basis, the trustees consider the charity to be a going concern and have prepared the financial statements on that basis.

Income

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

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income, care home contributions and donations are credited to income on receipt.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. DONATIONS AND LEGACIES

	31.12.22	31.12.21
	£	£
Donations	36,124	11,943
	<u> </u>	<u> </u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

3. INCOME FROM CHARITABLE ACTIVITIES

		31.12.22 £	31.12.21 £
Grants	Charitable	87,000	170,720
Care home contributions	Charitable	21,774	13,113
Other music therapy income	Charitable	4,154	535
Other delivery	Charitable	3,535	196
Clinical commissioning	Charitable	80,000	113,000
		<u>196,463</u>	<u>297,564</u>

Grants received, included in the above, are as follows:

	31.12.22 £	31.12.21 £
J & H Rausing Trust	45,000	100,000
Zurich Community Fund	17,000	-
Gloucestershire County Council	10,000	50,000
Gloucestershire Carers Legacy	10,000	10,000
Mercers Co	5,000	-
Henry Smith Trust	-	10,000
Coronavirus Job Retention Scheme	-	720
	<u>87,000</u>	<u>170,720</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5) £	Support costs (see note 6) £	Totals £
Charitable	<u>313,534</u>	<u>1,524</u>	<u>315,058</u>

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.22 £	31.12.21 £
Staff costs	10,213	9,272
Insurance	781	781
Marketing	1,569	1,050
Cost of fundraising	104	29
Volunteer costs and expenses	51,471	44,127
Delivery of music therapy	163,833	129,219
Other delivery	4,869	1,152
Training	1,091	343
Equipment	7,697	2,211
Travel	1,246	391
Administration	70,660	54,844
	<u>313,534</u>	<u>243,419</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

6. SUPPORT COSTS

	Governance costs
	£
Charitable	<u>1,524</u>

Support costs, included in the above, are as follows:

	31.12.22	31.12.21
	Charitable	Total
	£	activities
	£	£
Independent examination	<u>1,524</u>	<u>1,152</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.22	31.12.21
Admin	<u>13</u>	<u>12</u>

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	11,943	-	11,943
Charitable activities			
Charitable	<u>214,564</u>	<u>83,000</u>	<u>297,564</u>
Total	<u>226,507</u>	<u>83,000</u>	<u>309,507</u>
EXPENDITURE ON			
Charitable activities			
Charitable	<u>152,028</u>	<u>92,543</u>	<u>244,571</u>
NET INCOME/(EXPENDITURE)	74,479	(9,543)	64,936
RECONCILIATION OF FUNDS			
Total funds brought forward	235,489	48,444	283,933

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>309,968</u>	<u>38,901</u>	<u>348,869</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22 £	31.12.21 £
Income due	<u>3,566</u>	<u>1,832</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22 £	31.12.21 £
Taxation and social security	3,116	2,353
Other creditors	<u>1,351</u>	<u>1,895</u>
	<u>4,467</u>	<u>4,248</u>

12. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	309,968	(61,442)	248,526
Restricted funds			
NHS Gloucestershire CCG	26,223	(11,351)	14,872
Utlely Foundation	10,031	(7,031)	3,000
Mercer Co	<u>2,647</u>	<u>(2,647)</u>	<u>-</u>
	<u>38,901</u>	<u>(21,029)</u>	<u>17,872</u>
TOTAL FUNDS	<u>348,869</u>	<u>(82,471)</u>	<u>266,398</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	215,587	(277,029)	(61,442)
Restricted funds			
NHS Gloucestershire CCG	17,000	(28,351)	(11,351)
Utlely Foundation	-	(7,031)	(7,031)
Mercer Co	<u>-</u>	<u>(2,647)</u>	<u>(2,647)</u>
	<u>17,000</u>	<u>(38,029)</u>	<u>(21,029)</u>
TOTAL FUNDS	<u>232,587</u>	<u>(315,058)</u>	<u>(82,471)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	235,489	74,479	309,968
Restricted funds			
NHS Gloucestershire CCG	14,448	11,775	26,223
Utleigh Foundation	29,396	(19,365)	10,031
Mercer Co	4,600	(1,953)	2,647
	<u>48,444</u>	<u>(9,543)</u>	<u>38,901</u>
TOTAL FUNDS	<u>283,933</u>	<u>64,936</u>	<u>348,869</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	226,507	(152,028)	74,479
Restricted funds			
NHS Gloucestershire CCG	83,000	(71,225)	11,775
Utleigh Foundation	-	(19,365)	(19,365)
Mercer Co	-	(1,953)	(1,953)
	<u>83,000</u>	<u>(92,543)</u>	<u>(9,543)</u>
TOTAL FUNDS	<u>309,507</u>	<u>(244,571)</u>	<u>64,936</u>

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe in Sing out', supporting people with chronic lung conditions through singing groups.

Restricted Fund - Utleigh Foundation

A project using the skills of our Meaningful Music team, to give others in the UK (or beyond) the confidence to start their own singing groups for people with dementia, using our ethos, techniques and experience.

Restricted Fund - Mercer Co

Music Therapy for the homeless, in partnership with Gloucester City Mission (delivery initially postponed due to Covid). This service stopped in 2022.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

MINDSONG

England & Wales - Charity number 1177043

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021
FOR
MINDSONG**

Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

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Independent Examiner's Report	9
Statement of Financial Activities	10
Statement of Financial Position	11
Notes to the Financial Statements	12 to 17

MINDSONG

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES	Mitchell Watkins Chair from 8 February 2021 Elaine Grunbaum Treasurer Sylvia Ardron Secretary Helen Owen Chair until 8 February 2021 Anthea Holland Katy Bagnall Philippa Shaw Ashwin Pillay
PRINCIPAL ADDRESS	28 Vine Way Tewkesbury Gloucestershire GL20 5FJ
REGISTERED CHARITY NUMBER	1177043
INDEPENDENT EXAMINER	Andorran Limited 6 Manor Park Business Centre Mackenzie Way Cheltenham Gloucestershire GL51 9TX

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. 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).

OBJECTIVES AND ACTIVITIES

About Mindsong

We have been in existence since 2007, became a charity in 2012 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

Our Core services are Music Therapy in someone's own home, Singing Groups both in the community and in care homes, Music Therapy in care homes, support for carers and for people with dementia at time of diagnosis.

Though we are primarily dementia focussed Mindsong is part of the innovative provision of Arts on Prescription (Social Prescribing) in Gloucestershire and works with people who have chronic lung conditions. We are founding members of Gloucestershire Creative Health Consortium.

We also provide training and support to professional musicians in running dementia-sensitive sessions in care homes.

Our Mission statement

We reach people with dementia through music and song, unlocking memories and offering hope and joy in a world where words and thoughts are lost.

Our values

We want to see music accepted as an integral part of older peoples' care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

Charity Number: 1177043

Public benefit

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

Objectives & Activities

According to our constitution:

The objects shall be to promote and protect the physical and mental health of people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, support, education and practical advice.

How we meet our Objects

Mindsong provides a range of therapeutic services to people with mid- to late-stage dementia, and other neurological disorders such as Parkinson's and Huntingdon's disease, who live in care homes and private homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered Music Therapists (all of whom are educated to post-graduate level) to provide our music therapy services.

Our Together in Song Singing Group service is provided by our volunteers (many of whom are ex-health and mental health professionals) who are trained and supported by our Director of Volunteer-Led Services. We also take on additional projects where music can have a significant impact on health.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

OBJECTIVES AND ACTIVITIES

Who we work with

People who have mid to late-stage dementia and who live in care homes, or are being cared for in their own homes, are often wrongly assumed to be the least able to participate in or contribute to any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems. This can lead to isolation and loneliness both for the person with dementia and those that care for them.

Mindsong enters someone's life during its final phase. We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our services with respect for those at their most vulnerable. The people we work with are at the centre of all that we do.

In addition, we use our skills as part of Arts on Prescription, running courses that will have an impact on health and wellbeing. In 2021 these courses were aimed at people with chronic lung disease, Long Covid and aphasia.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

An Overview

2020 was exhausting but we learnt a lot. We learned how well-positioned we were as an organisation to pivot quickly in the face of a crisis. Our normal supportive working environment meant we were able to work well under stress, ensuring we stayed well, which helped us be innovative and with the flexibility to meet the needs of people with dementia in such unpredictable circumstances.

2021 saw us continue to build on our initial response. Improving what we could offer as we spotted what was needed. Where others were still committed to dealing with Covid, we stepped in wherever we could. Filling the gaps and forming new partnerships.

It was another year that stretched us to our limits. Donations dwindled, funding was harder to come by and we were asked to provide more. We are proud that we were able to rise to the challenge.

We ended the year with plans for new work, based on those gaps we couldn't fill in 2021. We had the support from one of our staunchest funders to get us over the Covid hump. Our highest priority as the pandemic waned was, and remains, to continue to provide a safe welcoming space for people who were nervous about leaving home and being with others again and where that is not yet possible, to continue to provide online versions of all our services.

BIG HIGHLIGHT: We were awarded the **Queen's Award for Voluntary Service**, with a special commendation for our work during the pandemic. We had a bit of a do!



**The Queen's Award
for Voluntary Service**

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

Charitable activities – continued

2021 Overview - Maggie Grady, Director of Music Therapy, Mindsong

Music Therapy

'It's absolutely mind-blowing - I've never seen such a turnaround in a person before. From being really down when [the therapist] arrives, Mum will start to hum along with the song then gradually sing a word or two. By the end of the first song she'll have a massive grin.'

Family carer, Music Therapy at Home

2021 was a busy year, with ongoing challenges from the pandemic resulting in high numbers of referrals and constant tweaks to our services in order to best meet the needs of the people we're working with whilst still mitigating risks of transmission as much as possible.

'It was the first positive response from an organisation - others withdrew due to Covid'.

Family carer, Music Therapy at Home

Our Music Therapy at Home (MT@H) service continued to be in high demand, with 102 referrals received from GPs, Community Dementia Nurses, Alzheimer's Society Dementia Advisers, Later Life Mental Health Teams, Social Prescribers and self-referrals. In total, we worked with 83 different families, providing Music Therapy in people's own homes.

For some of our clients, we were the only service providing in-person visits for quite some time. This helped to reduce social isolation and loneliness, but also gave us opportunities to pick up on vulnerable situations that needed extra support, in which we were either able to give, or signpost / advocate for.

'No-one else would come in... [the therapist] came and sat in the doorway'

Family carer, Music Therapy at Home

Feedback highlighted how successful Music Therapy is in supporting wellbeing, communication, strengthening a sense of identity and relationships. As well as the therapy itself, we work with family carers to develop bespoke practical uses of music to support daily care to use outside session times, and this has been invaluable too.

'The feeling that 'I mattered' for the first time - that meant so much - it really carried me through those difficult times.' Family carer, Music Therapy at Home

'I hadn't realised the sessions were as much for me as for Mum. [The therapist] was so easy to talk to - she helped me a lot' Family carer, Music Therapy at Home

Our Music Therapy team was both steadfast and inspiring, coping with changes in restrictions and continuing to support people in extremely difficult circumstances. My thanks to them and also to our wonderful Carer Supporter team, who have adapted their way of working to enable continued support for the people we work with. Their skill, patience and expertise in developing supportive relationships over the phone and picking up on potentially difficult situations invaluable underpins the work of the therapists delivering Music Therapy face-to-face.

'I feel I have come to know my mother so much better through the medium of music'.

Family carer, Music Therapy at Home

'It helped his self-esteem - he's a very good singer and [the therapist] complimented him on his singing. It's something he can still do' Family carer, Music Therapy at Home

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

Charitable activities – continued

Music Therapy in Care Homes

We continued to provide Music Therapy in care homes, although this work was sporadic during 2021 because of home closures due to Covid 19. Our service here is best suited for people experiencing advanced or complex symptoms of dementia, or people who seem very withdrawn. One-to-one Music Therapy can still connect and engage with a person right through palliative care stages, providing a source of connection and comfort when other forms of communication are more difficult.

Breathe In Sing Out (BISO)

Our singing groups for people with lung conditions continued throughout the year, via Zoom. Our Vocal Leaders have become adept at using online resources, and have continued to support people, teaching good posture and breathing techniques, practising these in song, and providing space for people to meet and connect with each other.

This was valued by participants, many of whom were shielding during the year and had little contact with anyone else. Participants appreciated the regular contact, emotional support and being able to share experiences, having fun together each week, 'when the rest of our lives have fallen away'. BISO participant

'As I live alone, I sometimes panic because I have no family near me in Gloucester. I have been in isolation since 7 March and it looks as if we will all be fastened in for the foreseeable future. The one highlight is our Wednesday BISO session where we exercise and sing. It is lovely to learn new songs which also help my breathing and being in a group lessens the feeling of isolation.' BISO participant

Long Covid Support Groups

During 2021 we expanded our offer of support to include bespoke, online support groups for those recovering from Long Covid. These groups were facilitated by Music Therapists, and aim to provide holistic support but with a focus on developing good posture and breathing techniques. Again, this is a regular, shared, safe space for people to talk about how they're feeling, share tips regarding different symptoms and support each other.

'The vocal exercises have helped me to be able to talk. I can sing with no problems and when my talking voice becomes weaker, I sing and it makes it stronger.' Long Covid Support Group Participant

'To have others to talk to in the same situation has been such a help as it was a lonely journey to start with.' Long Covid Support Group Participant

Music Therapy at Revive

We began a new partnership with the NHS Homeless Healthcare Team and Gloucester City Mission Therapist, Cat Mitchell-Beamish, worked closely with the Mission to support people who are homeless or vulnerable in Gloucester. So far it's proved very successful and supportive and we have had a lot to learn. We will continue into 2022 hopefully taking Music Therapy to the new Winter Shelter and also meeting people on the streets where they are living.

Volunteer-Led Services: Kate Hicks Beach

Overview

2021 was an extraordinary year for Mindsong's volunteer-led services. Highlight of the year was the Queen's award which was an incredible achievement.

We managed to retain 249 of our volunteers and also gained 20+ new volunteers over the year. A new Sing 2 Remember group began in Bourton-on-the-Water, and we began singing groups in 3 new care homes.

Digital Innovations from our Mindsong Community included Feel Good Feb, a song a day on Facebook - also shared with all the care homes we work with in the county. In December it was a Musical Advent Calendar from various of our volunteer groups.

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

Charitable activities – continued

We had picnics in celebration of being able to meet our Sing 2 Remember online members face-to-face and we had two wonderful singing events, one with the Churn Project in Cirencester Parish Church, and one online with the Orders of Saint John Care Trust.

It hasn't all been plain sailing, and in fact, if it hadn't been for the energy and creative thinking of the Area coordinator team, and for the loyalty and dedication of our volunteers, the year could have been decidedly different. In response to Covid, homes have switched between opening and closing their doors throughout the year and we have adapted to this with our willingness to do whatever homes need us to do to be safe: Singing in the garden, singing via Zoom, singing through windows, singing inside in full PPE, singing in the flowerbed, and quite a lot of singing in the rain.

Sing 2 Remember

We had 48 Sing 2 Remember Online sessions during 2021, the average attendance being 36 people. It was hard to tell from the screen who had dementia and who didn't, which is what was good about the group. Everyone needed support and got it and more on a Friday morning. The online groups linked members to relatives abroad or out of reach, and several family members came every week and participated fully in the sessions.

The online group worked well as a showcase for the benefits of what we do, although all visitors were required to participate in the sessions! The groups included poems, conversations about the songs and a lot of chat and laughter. The group was supported by a Newsletter which informed members of resources locally such as information from the Carer's Hub, local organisations, and dementia friendly events taking place. Plus, information on issues such as driving, fitness, hearing, eyesight, diet etc. with plenty of input from members including recipes, poems and stories.

We began a new group in October in Bourton-on-the-Water, which grew steadily. Both the Cirencester and Bourton groups returned to meeting in person, with a fortnightly online group for anyone not quite ready for that.

A few statistics

Average of 36 members online for 48 sessions: 1,728 hrs

Average face-to-face numbered 56 members over 14 sessions from Sept: 784 hrs

Estimated total of 2904 hrs provided by Sing 2 Remember in 2021

Summer Picnics

In August we had two picnics for Sing 2 Remember members, one at Prinknash Abbey in the gardens, one in the Abbey Grounds in Cirencester. People bought cakes and were overjoyed to see each other face-to-face, in some cases for the first time, having known each other online for well over a year. We sat in a large circle of deck chairs and mobility scooters and sang our favourite songs.

Sing for Joy

This is an annual event that stems from the Sing for Hope sessions out of which Sing 2 Remember developed. It was an online 2 hour singing session in December, joined by and contributed to by groups of residents from all of the Order of St John's Care Homes in the country. There were 86 screens on the zoom! Mindsong has always been involved in these events and along with an Oxfordshire organisation called Let's Sing, we lead the singing in each half.

Testimonials

The testimonials below show something of the reach of our work: from care home staff thanking us for cards, zooms, garden visits, to volunteers proud to be part of what we do and particularly what we did during 2020 and 2021, to members of our Sing 2 Remember groups who have had constant weekly contact for nearly 2 years online, and returned back to face-to-face in September 2021 (with online continuing weekly).

'Thank you very much for the delightful 2 days we had with you at the Singing Picnics. I considered it to be totally delightful and shall remember it for a long time. Thank you muchly, Kissy kissy kiss!!'

MINDSONG

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

Charitable activities – continued

'Thank you all so much for coming along and singing yesterday! You can't know what an impression you made. It may have been hard to tell from some of the residents' expressions, but you really lifted their moods and people were talking about the singalong and indeed singing some of the songs on/off for the rest of the day'. Activities Coordinator

'I just want to say a big 'congratulations' to you and everyone at Mindsong on achieving the Queen's Award for Voluntary Work. I feel so proud for you all and proud to be associated with you. It has been a real boost to have the volunteers back into the home and I can tell how enthusiastic they are to finally be able to visit. Look forward to seeing you before too long.' Activity Coordinator

'Just wanted to send an email to say a huge thank you for the lovely Mindsong videos you regularly send. Here at Monkscroft we find they are such a useful tool to use with our ipads on a 1:1 and/or small group basis.' Activity Coordinator

FINANCIAL REVIEW

Our policy on finances and reserves

Where possible we aim to begin each calendar year with funds in place for that year. We look for a broad portfolio of funding which includes grants and trusts, philanthropic giving, donations and earned income. We ask any funder to see any grant or donation as an investment in the work that we do and its progression. We rarely seek project funding unless we are piloting new work.

Where it is the wish of donors that funding is designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain such reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

FUTURE PLANS

We continue to develop, refine and expand the services we offer. We also look at where there are gaps in provision both geographically and demographically, and if there is need we will do our best to address it. We will look at any opportunities that are offered to us and, where they use our skills and relate to our Objects, we will find innovative ways to take on new challenges.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is established as a Charitable Incorporated Organisation and is controlled by its governing document as a Foundation CIO registered on 7 February 2018, as amended 1 March 2019.

How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

We believe we are an excellent employer, particularly for women, offering a range of part-time roles with flexible hours. We prize and encourage a good work/life balance.

We actively seek to appoint skilled trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises so we can use our funding to develop and expand the services we provide.

Our Core Team

Karen Lawton	Chief Executive
Julia Glaudot	Administrator
Maggie Grady	Director of Music Therapy
Ruth Melhuish	Deputy Director of Music Therapy
Shirley Grant	Administrator (music therapy)
Kate Hicks Beach	Director of Volunteer-Led Services

Maggie and Ruth manage our team of 11 music therapists and 2 Vocal Leaders

Kate manages our team of 6 Local Area Coordinators and together they support and train our amazing volunteers.

How to contact us

Administration Office: PO Box 205, Tewkesbury GL20 9EL

Phone: 01684 273656 | 07989 936270

Email: admin@mindsong.org.uk

Website: mindsong.org.uk

Approved by order of the board of trustees on 5/09/2022 and signed on its behalf by:


.....
Mitchell Watkins - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MINDSONG**

Independent examiner's report to the trustees of Mindsong

I report to the charity trustees on my examination of the accounts of Mindsong (the Trust) for the year ended 31 December 2021.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

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.



Roger Downes
FCA
Andorran Limited
6 Manor Park Business Centre
Mackenzie Way
Cheltenham
Gloucestershire
GL51 9TX

5 September 2022

MINDSONG

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	31.12.21 Total funds £	31.12.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	11,943	-	11,943	26,265
Charitable activities					
Charitable		<u>214,564</u>	<u>83,000</u>	<u>297,564</u>	<u>303,920</u>
Total		<u>226,507</u>	<u>83,000</u>	<u>309,507</u>	<u>330,185</u>
EXPENDITURE ON					
Charitable activities					
Charitable	4	152,028	92,543	244,571	224,204
NET INCOME/(EXPENDITURE)		74,479	(9,543)	64,936	105,981
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>235,489</u>	<u>48,444</u>	<u>283,933</u>	<u>177,952</u>
TOTAL FUNDS CARRIED FORWARD		<u>309,968</u>	<u>38,901</u>	<u>348,869</u>	<u>283,933</u>

MINDSONG

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	31.12.21 Total funds £	31.12.20 Total funds £
CURRENT ASSETS					
Debtors	10	1,832	-	1,832	930
Cash at bank		312,384	38,901	351,285	286,918
		<u>314,216</u>	<u>38,901</u>	<u>353,117</u>	<u>287,848</u>
CREDITORS					
Amounts falling due within one year	11	(4,248)	-	(4,248)	(3,915)
NET CURRENT ASSETS		<u>309,968</u>	<u>38,901</u>	<u>348,869</u>	<u>283,933</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>309,968</u>	<u>38,901</u>	<u>348,869</u>	<u>283,933</u>
NET ASSETS		<u>309,968</u>	<u>38,901</u>	<u>348,869</u>	<u>283,933</u>
FUNDS	12				
Unrestricted funds				309,968	235,489
Restricted funds				<u>38,901</u>	<u>48,444</u>
TOTAL FUNDS				<u>348,869</u>	<u>283,933</u>

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

05/09/2022 and were signed on its behalf by:


Mitchell Watkins - Trustee


Elaine Grunbaum - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The trustees have considered the funding required by the charity for a period of more than 12 months from the date of approval of these financial statements. The charity relies on several sources of funding to raise its income and has secured sufficient funding for the foreseeable future to meet its operational plans. On this basis, the trustees consider the charity to be a going concern and have prepared the financial statements on that basis.

Income

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

Revenue grants receivable are recognised as income on receipt unless they relate to service provision, in which case they are credited to income over the contracted period of service delivery. Clinical commissioning income and care home contributions are credited to income on receipt.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. DONATIONS AND LEGACIES

	31.12.21	31.12.20
	£	£
Donations	<u>11,943</u>	<u>26,265</u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021**

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.12.21 £	31.12.20 £
Grants	Charitable	170,720	236,615
Care home contributions	Charitable	13,113	11,368
Other music therapy income	Charitable	535	3,417
Other delivery	Charitable	196	820
Clinical commissioning	Charitable	<u>113,000</u>	<u>51,700</u>
		<u>297,564</u>	<u>303,920</u>

Grants received, included in the above, are as follows:

	31.12.21 £	31.12.20 £
J & H Rausing Trust	100,000	45,000
Gloucestershire County Council	50,000	-
Gloucestershire Carers Legacy	10,000	-
Henry Smith Trust	10,000	10,000
National Lottery	-	81,380
Utley Foundation	-	32,135
Mercers co	-	28,100
Rank Foundation	-	10,000
Barnwood Trust	-	10,000
The Fore	-	5,000
Gloucestershire Communities Foundation	-	5,000
Notgrove Trust	-	5,000
Gloucestershire Association for Disability	-	2,500
Anonymous	-	1,500
Tewkesbury Borough Council	-	1,000
Coronavirus Job Retention Scheme	<u>720</u>	<u>-</u>
	<u>170,720</u>	<u>236,615</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5) £	Support costs (see note 6) £	Totals £
Charitable	<u>243,419</u>	<u>1,152</u>	<u>244,571</u>

MINDSONG

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021**

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.21	31.12.20
	£	£
Staff costs	9,272	8,199
Insurance	781	735
Marketing	1,050	48
Cost of fundraising	29	1,270
Volunteer costs and expenses	44,127	45,834
Delivery of music therapy	129,219	110,281
Other delivery	1,152	595
Training	343	1,865
Equipment	2,211	3,414
Travel	391	334
Administration	<u>54,844</u>	<u>50,429</u>
	<u>243,419</u>	<u>223,004</u>

6. SUPPORT COSTS

	Governance costs
	£
Charitable	<u>1,152</u>

Support costs, included in the above, are as follows:

	31.12.21	31.12.20
	Charitable	Total
	£	activities
	£	£
Independent examination	<u>1,152</u>	<u>1,200</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.21	31.12.20
	<u>12</u>	<u>11</u>
Admin		

No employees received emoluments in excess of £60,000.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	26,265	-	26,265
Charitable activities			
Charitable	<u>215,485</u>	<u>88,435</u>	<u>303,920</u>
Total	<u>241,750</u>	<u>88,435</u>	<u>330,185</u>
EXPENDITURE ON			
Charitable activities			
Charitable	174,213	49,991	224,204
NET INCOME	67,537	38,444	105,981
RECONCILIATION OF FUNDS			
Total funds brought forward	167,952	10,000	177,952
TOTAL FUNDS CARRIED FORWARD	<u>235,489</u>	<u>48,444</u>	<u>283,933</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.21 £	31.12.20 £
Income due	<u>1,832</u>	<u>930</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.21 £	31.12.20 £
Taxation and social security	2,353	2,064
Other creditors	<u>1,895</u>	<u>1,851</u>
	<u>4,248</u>	<u>3,915</u>

12. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	235,489	74,479	309,968
Restricted funds			
NHS Gloucestershire CCG	14,448	11,775	26,223
Utleigh Foundation	29,396	(19,365)	10,031
Mercer Co	<u>4,600</u>	<u>(1,953)</u>	<u>2,647</u>
	<u>48,444</u>	<u>(9,543)</u>	<u>38,901</u>
TOTAL FUNDS	<u>283,933</u>	<u>64,936</u>	<u>348,869</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	226,507	(152,028)	74,479
Restricted funds			
NHS Gloucestershire CCG	83,000	(71,225)	11,775
Utley Foundation	-	(19,365)	(19,365)
Mercer Co	-	(1,953)	(1,953)
	<u>83,000</u>	<u>(92,543)</u>	<u>(9,543)</u>
TOTAL FUNDS	<u>309,507</u>	<u>(244,571)</u>	<u>64,936</u>

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	167,952	67,537	235,489
Restricted funds			
NHS Gloucestershire CCG	10,000	4,448	14,448
Utley Foundation	-	29,396	29,396
Mercer Co	-	4,600	4,600
	<u>10,000</u>	<u>38,444</u>	<u>48,444</u>
TOTAL FUNDS	<u>177,952</u>	<u>105,981</u>	<u>283,933</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	241,750	(174,213)	67,537
Restricted funds			
NHS Gloucestershire CCG	51,700	(47,252)	4,448
Utley Foundation	32,135	(2,739)	29,396
Mercer Co	4,600	-	4,600
	<u>88,435</u>	<u>(49,991)</u>	<u>38,444</u>
TOTAL FUNDS	<u>330,185</u>	<u>(224,204)</u>	<u>105,981</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

12. MOVEMENT IN FUNDS - continued

Restricted fund - NHS Gloucestershire CCG

Funding for the charity's 'Arts on Prescription' service, 'Breathe in Sing out', supporting people with chronic lung conditions through singing groups.

Restricted Fund - Utley Foundation Grant

A project using the skills of our Meaningful Music team, to give others in the UK (or beyond) the confidence to start their own singing groups for people with dementia, using our ethos, techniques and experience.

Restricted Fund - Mercers Co

Music Therapy for the homeless, in partnership with Gloucester City Mission (delivery postponed due to Covid).

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.