

# SING YOUR HEART OUT

England & Wales · Charity number 1185038

## Details

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**Other names** SYHO

**Status** Registered

**Legal form** CIO

**Registered** 2019-08-27

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

## Contact

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**Address** 3 The Street  
Sparham  
Norwich  
NR9 5AQ

**Phone** 01603409419

**Email** [singing@syho.org](mailto:singing@syho.org)

**Website** <https://www.syho.org/>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE: TO PROMOTE GOOD MENTAL HEALTH AND WELLBEING THROUGH THE PROVISION OF ARTS BASED ACTIVITIES; SPECIFICALLY GROUP SINGING IN HARMONY. TO REDUCE THE ISOLATION, STIGMA AND DISCRIMINATION EXPERIENCED BY THOSE EXPERIENCING MENTAL ILL HEALTH AND TO PROMOTE IMPROVED SELF-ESTEEM AND CONFIDENCE. TO PROMOTE, EDUCATE AND INFORM PEOPLE ABOUT THE BENEFITS OF ARTS BASED ACTIVITIES IN IMPROVING MENTAL HEALTH AND WELLBEING.

**Activities:** Sing Your Heart out promotes good mental health and wellbeing through singing workshops that enable participants to reap the known benefits of group singing in harmony. The sessions are designed so that people who might normally feel unable to join more formal choir settings (often through mental ill health) can participate without discrimination or judgement, and also benefit socially.

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** The General Public/mankind

## Geography

- Norfolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£48,059	£31,795	-	-
2024-03-31	£26,292	£32,158	-	-
2023-03-31	£31,751	£33,250	-	-
2022-03-31	£31,642	£20,192	-	-
2021-03-31	£4,329	£10,806	-	-

## Trustees

Name	Role	Appointed
<b>Julia Christine Rumsby</b>	Chair	2019-01-18
Carolyn Janice Bain		2019-01-18
Cherri Diane Moseley		2024-09-02
Jennifer Jane Ford		2019-01-18
Marilyn Forde		2023-02-20
Neil White		2022-08-26
Ruth Elizabeth Emerson		2019-05-07
Sheila Penelope Holden		2019-01-18
Susan Phyllis Garrod		2025-12-08

**SING YOUR HEART OUT**

England & Wales - Charity number 1185038

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# Accounts

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**'Sing Your Heart Out' (SYHO)**

**Charity Number 1185038**

## **Annual Report 2024 - 2025**

**Period covered by this report: 1 April 2024 - 31 March 2025**

### **Governance**

'Sing Your Heart Out' is a Foundation Model Charitable Incorporated Organisation (CIO). Its only members are the Trustees. The Charity is managed by a Central Organising Group (COG) which at the end of this reporting period comprised 9 trustees. The trustees and officers of 'Sing Your Heart Out' on 31 March 2025 were:

Julia Rumsby (Chair); Ruth Emerson (Joint Treasurer); Jenny Ford (Secretary); Carolyn Bain; Penny Holden (Systems Manager); Maggie Wheeler; Neil White (Joint Treasurer); Lyn Forde; Cherri Moseley (appointed Sept 2024).

One of our trustees, Sylvie Taylor, stepped down in January 2025. Sylvie provided a valuable link between the Trustees and the Kings Lynn group, and was a strong supporter and advocate of SYHO for many years, so we were very sorry to see her leave. As no-one else from the KL Local Organising Group wished to replace Sylvie as a trustee, we are working closely with those volunteers to support and guide them to ensure that the regular programme of workshops can continue.

During 2024-2025 we held 7 full trustee meetings, all of which took place online. Sub-groups also met mostly online. As well as overseeing our charity's activities and planning for any events, these meetings enable us to review, update and maintain our policies and procedures, to monitor our financial position and funding and to receive regular updates from the Musical Director.

We recognise the need to recruit new people with relevant skills and experience to succeed some of our current trustees who are ready to step down for reasons including age and health challenges, but this is not easy.

In exercising their duties, and when making decisions or determining policies, the trustees take account of SYHO's charitable purposes. We have due regard to the Charity Commission's guidance on furthering these for the public benefit. For example, SYHO's singing workshops are inclusive and free of charge - participants are only invited to voluntarily donate what they can afford.

### **SYHO's aims and purposes**

Sing Your Heart out promotes good mental health and wellbeing through singing workshops which enable participants to reap the known benefits of group singing in harmony. The sessions are carefully designed to encourage people who might normally feel unable to join more formal choir

settings, often through mental ill health. They can participate in the group singing without experiencing discrimination, and benefit from engaging in a social activity without the stigma associated with mental ill health.

Sing Your Heart Out's regular singing workshops are held in 5 locations across Norfolk so that people can access workshops in their local area. The 5 SYHO groups are located in Norwich (SYHO Central), Kings Lynn (SYHO West), Hingham (SYHO South), Great Yarmouth (SYHO East) and Sheringham (SYHO North). We use venues with the broadest range of accessibility, including wheelchair access.

### **SYHO's challenges and achievements of 2024-25**

Between 1<sup>st</sup> April 2024 and 31<sup>st</sup> March 2025 we ran a full programme of 150 workshops - 30 in each of the 5 locations. Average weekly attendance figures remain healthy at around 120+ singers, and we saw a pleasing increase in the number of singers coming to the Great Yarmouth group.

Having missed out on being able to hold a Big Sing between 2019 and 2023 because of the fallout from Covid, we decided that 2024 was the year to bring it back as part of SYHO's 20<sup>th</sup> Anniversary celebrations.



So we booked Swanton Morley Village Hall - a central venue - for the whole day on Monday 10 June. Singers from the across all 5 SYHO groups came along, together with other guests who had played a significant part in SYHO's journey over the years. We produced a special souvenir song card, provided tea and cake and - despite the poor weather - 150 people enjoyed a joyful day of singing and celebration, led by SYHO's singing tutors past and present.



The tutors continue to work together as a strong team, under the guidance and management of Musical Director, Natasha. When Joey left SYHO in Spring 2025 the remaining three tutors rearranged their schedules to ensure that all workshops were covered. We were very sad to lose Joey and wish her well for the future.

Technology plays an important role in the administration and management of our charity, as well as in informing the wider community about SYHO. For some time now we have been trying to find volunteers with the technical skills to help us to maintain our IT systems and our website. This remains a challenge but we have not given up!

Whenever possible, Sing Your Heart Out contributes to research into the benefits of group singing and promotes, educates and informs people about how such activity can improve mental health and wellbeing.

Our outreach activity this year included visiting the Norwich branch of 'Headway' and the 'Forward Day Centre' in Kings Lynn. We also participated in Norfolk's Creativity and Wellbeing Week in May 2024, and the Care for Carers event in Oct 2024.

In November two representatives from the 'Caring Together' Charity, which supports unpaid carers, came to a Norwich workshop. They talked to individuals during the break and provided information and advice. This exchange of information and details was mutually beneficial to both our Charities.

## **SYHO's Finances**

As SYHO receives no public funding and relies heavily on grants and donations, we are always working hard to raise funds. Local SYHO groups regularly make the most of the workshops by organising table-top sales and raffles, and by sharing home-grown produce in return for donations.

Our overall income in 2024-25 was £48059, including £12385 in donations. We received a total of £25910 from grants: £19910 from the National Lottery Community Fund and £6000 from the D'oyley Carte Charitable Fund. The rest of the income (£9764) came from bank interest, gift aid, reimbursements and fundraising activities.

Our overall expenditure in 2024-25 was £31795, the main costs being to cover the teaching team's fees and travel (£25297), and the hiring of venues (£4623). The remaining £1875 covered our administration costs (eg bank charges, external account examination, insurance, website, subscriptions), publicity and Training & Development.

Volunteers and trustees continue to give generously of their time and, along with their help in areas such as printing, this means that SYHO's administrative costs can be kept low. We are extremely grateful for all their support and commitment.

At the end of the 2024-25 financial year SYHO's cash funds stood at £56976 compared to £40712 the previous year. As our core costs continue to rise, this is a positive financial position for 2025-26 and enables us to plan ahead with relative confidence.

Ideally, at any one time we would like to maintain a balance of funds sufficient to cover a year of SYHO's running costs ie - around £45K. Having reviewed our reserves policy in February 2025, we need to ensure we hold a minimum of £20K, in order to cover potential situations such as contingency, commitments, cashflow and closure.

## Looking ahead to 2024-25

We know that the principles and structure upon which we base our SYHO workshops are both effective and efficient, so they will continue to guide us in the coming year. However, we are not complacent and will do what we can to:

expand the number and diversity of singers;

explore new and potential sources of funding and of fundraising;

refresh and enhance the SYHO website and find sources of expertise to support us in this and in other aspects of Information Technology;

keep the size of the teaching team under review.

**The trustees declare that they approved the trustees' report above on 16 July 2025**

**Signed on behalf of the charity's trustees:**

**Signature(s):** Julia Rumsby                      **and**                      Ruth Emerson

**Full name(s):** Julia Christine Rumsby                      Ruth Elizabeth Emerson

**Position (eg Chair, Secretary etc):** Chair                      Treasurer

Date 16 July 2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Sing Your Heart Out

No (if any)

CC16a

## Receipts and payments accounts

For the period from 01.04.2024 To 31.03.2025

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations & Legacies	1,802	540	-	2,342	4,122
Donations Cash Boxes	10,043	-	-	10,043	8,702
Fees & Reimbursements	540	-	-	540	60
Fundraising	5,972	-	-	5,972	1,501
Grants	-	25,910	-	25,910	10,000
Bank Interest	1,204	-	-	1,204	730
Gift Aid	2,048	-	-	2,048	1,177
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>21,609</b>	<b>26,450</b>	<b>-</b>	<b>48,059</b>	<b>26,292</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>21,609</b>	<b>26,450</b>	<b>-</b>	<b>48,059</b>	<b>26,292</b>
<b>A3 Payments</b>					
Administration Costs & Website	119	1,606	-	1,725	1,253
Bank Charges	83	10	-	93	60
Publicity	-	37	-	37	239
Subscriptions & Memberships	20	-	-	20	20
Training & Development	-	-	-	-	150
Venue Charges	1,755	2,867	-	4,623	5,129
Singing Tutor Fees	4,527	18,278	-	22,805	22,575
Singing Tutor & Volunteer Travel	581	1,911	-	2,492	2,732
	-	-	-	-	-
<b>Sub total</b>	<b>7,085</b>	<b>24,710</b>	<b>-</b>	<b>31,795</b>	<b>32,158</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>7,085</b>	<b>24,710</b>	<b>-</b>	<b>31,795</b>	<b>32,158</b>
<b>Net of receipts/(payments)</b>	<b>14,524</b>	<b>1,740</b>	<b>-</b>	<b>16,264</b>	<b>- 5,866</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>33,945</b>	<b>6,767</b>	<b>-</b>	<b>40,712</b>	<b>46,578</b>
<b>Cash funds this year end</b>	<b>48,469</b>	<b>8,507</b>	<b>-</b>	<b>56,976</b>	<b>40,712</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>48,469</b>	<b>8,507</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
Ruth Emerson	RUTH EMERSON	16/07/25

# Independent examiner's report on the accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Section A

## Independent Examiner's Report

Sing Your Heart Out

Charity Name  
Sing Your Heart Out

On accounts for the year ended

31 March 2025

Charity no  
(if any)

1185038

Set out on pages

1 - 3

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

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

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below \*)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

NLL

Date:

11/07/2025

Name:

Nicola Fowler, NJF Accounts Ltd

<b>Relevant professional qualification(s) or body (if any):</b>	Fellow of the Association of Chartered Certified Accountants Associate of the Chartered Institute of Taxation
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<b>Address:</b>	21 Springfields
	Poringland, Norwich
	NR14 7RG

<b>Section B</b>	<b>Disclosure</b>
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Only complete if the examiner needs to highlight material problems.(E.g. accounting records have not been kept in accordance with s132 of the Charities' Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees' annual report.)

**Give here brief details of any items that the examiner wishes to disclose.**

**SING YOUR HEART OUT**

England & Wales - Charity number 1185038

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# Accounts

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**'Sing Your Heart Out' (SYHO)**

**Charity Number 1185038**

**Annual Report 2023 - 2024**

**Period covered by this report: 1 April 2023 - 31 March 2024 (end date of reporting year)**

## **Governance**

'Sing Your Heart Out' is a Foundation Model Charitable Incorporated Organisation (CIO). Its only members are the Trustees. The Charity is managed by a Central Organising Group (COG) which at the end of this reporting period comprised 9 trustees. The trustees and officers of 'Sing Your Heart Out' on 31 March 2024 were:

Julia Rumsby (Chair); Ruth Emerson (Joint Treasurer); Jenny Ford (Secretary); Carolyn Bain; Penny Holden (Systems Manager); Sylvie Taylor; Maggie Wheeler; Neil White (Joint Treasurer); Lyn Forde.

One of our trustees, Tessa Payne, stepped down in July 2023. Tessa provided a valuable link between the Trustees and the Gt Yarmouth group, and still supports them when she can. We have been unable to find a replacement representative Trustee but the Local Organising Group (LOG) in Gt Yarmouth is well-organised and liaises effectively with COG.

During 2023-2024 we held 7 full trustee meetings, all of which took place online. Sub-groups also met mostly online, including the Big Sing planning group.

We are aware of the need to recruit new people to succeed some of our current trustees who are ready to step down for reasons including age and health challenges.

In exercising their duties, and when making decisions or determining policies, the trustees take account of SYHO's charitable purposes. We have due regard to the Charity Commission's guidance on furthering these for the public benefit. For example, SYHO's singing workshops are inclusive and free of charge - participants are only invited to voluntarily donate what they can afford.

## **SYHO's aims and purposes**

Sing Your Heart out promotes good mental health and wellbeing through singing workshops which enable participants to reap the known benefits of group singing in harmony. The sessions are carefully designed to encourage people who might normally feel unable to join more formal choir settings, often through mental ill health. They can participate in the group singing without experiencing discrimination, and benefit from engaging in a social activity without the stigma associated with mental ill health.

Sing Your Heart Out's regular singing workshops are held in 5 locations across Norfolk so that people can access workshops in their local area. The 5 SYHO groups are located in Norwich (SYHO Central), Kings Lynn (SYHO West), Hingham (SYHO South), Great Yarmouth (SYHO East) and Sheringham (SYHO North). We use venues with the broadest range of accessibility, including wheelchair access.

## **SYHO's challenges and achievements of 2023-24**

Between 1<sup>st</sup> April 2023 and 31<sup>st</sup> March 2024 we ran a full programme of 150 workshops - 30 in each of the 5 locations. After Covid, our attendance numbers fell but we are encouraged to see these rising steadily again. In the second half of the year (ie 1<sup>st</sup> September 2023 - 31<sup>st</sup> March 2024) the weekly average number of singers across all 5 groups totalled 131. We have also seen more people coming along to give SYHO a try, many of whom now sing with us regularly.

2024 is SYHO's 20<sup>th</sup> Anniversary so we wanted to make it a special year for everyone involved. This included producing some special badges to celebrate the occasion.



And as well as leading our workshops throughout the year, our wonderful teaching team of four tutors treated us to a special fundraising concert tour in March. Kim arranged and organised five amazing evening concerts of vocal, acoustic, harmony songs - one in each of our SYHO venues. Audiences were wowed and 'Tutors on Tour' raised almost £4500 for SYHO. Huge thanks go to all those involved and to everyone who supported us.



SYHO singing tutors - Joey, Kim, Natasha and Linds

The tutors are a strong team, working well together under the guidance and management of Musical Director, Natasha. They meet regularly to share songs and ideas and if the need arises they cover for each other - often at the last minute - whenever they can. Occasionally this has not been possible so further back-up arrangements are now in place: Natasha produced some guidance for the local groups on how to run a 'self-led' session, and we have recruited Tessa, a new 'stand-by' tutor who can be called upon at short notice to cover some groups.

Although the SYHO Songbook with its wide range and variety of songs serves us well throughout the year, in December we produced a supplementary 8-page booklet of Christmas and Winter songs which we used over the festive season.

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Technology continues to play an important role in the administration and management of our charity, as well as in informing the wider community about SYHO. One of our on-going challenges is to find volunteers with the skills to help us to maintain these systems and our website.

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When opportunities to do so arise, Sing Your Heart Out contributes to research into the benefits of group singing and promotes, educates and informs people about how such activity can improve mental health and wellbeing.

We were therefore delighted to be recognised as 'Community Champions' and invited to be part of a special tribute and parade at the annual Norfolk Show in June 2023.

As a partner of the Mental Health Trust, we were involved in the Recovery College's 10<sup>th</sup> Anniversary celebrations in November, making useful contacts and sharing information about SYHO with other partners.

Our outreach activity this year also included participating in Norfolk's Creativity and Wellbeing Week in May, and running a singing workshop in June at Norwich Grapes Hill Community Garden. This was part of Refugee Week, and a celebration of International Culture.

In February 2024 a double-page spread about Sing Your Heart Out featured in the national magazine 'My Weekly'.

Also in February volunteers from our Sheringham group were part of the 'Sheringham Helps' Community Fair (see photo below).



During the spring of 2024 Kings Lynn trustee, Sylvie, visited several local groups, including The Heacham Friendship Group, the Reffley Friends and Neighbours Group, and 2 Dementia groups: The Friendship Cafe and the Dementia Carers Group. She told them about SYHO and how singing can support mental health and wellbeing.

## **SYHO's Finances**

As SYHO receives no public funding and relies heavily on grants and donations, we are always working hard to raise funds. Local SYHO groups regularly make the most of the workshops by organising table-top sales and raffles, and by sharing home-grown produce in return for donations. Sometimes other people organise events and raise funds for Sing Your Heart Out. For example, in May 2023 a local musical performance group, '3Score' donated the profits from one of their concerts to SYHO.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Sing Your Heart Out

No (if any)

CC16a

## Receipts and payments accounts

For the period from 01.04.2023 To 31.03.2024

### 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 £
<b>A1 Receipts</b>					
	-	-	-	-	-
Donations & Legacies	2,919	1,204	-	4,122	3,546
Donations Cash Boxes	8,702	-	-	8,702	8,462
Fees & Reimbursements	60	-	-	60	1,199
Fundraising	1,501	-	-	1,501	2,391
Grants	-	10,000	-	10,000	16,115
Bank Interest	730	-	-	730	38
Gift Aid	1,177	-	-	1,177	-
<b>Sub total (Gross income for AR)</b>	<b>15,089</b>	<b>11,204</b>	<b>-</b>	<b>26,292</b>	<b>31,751</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,089</b>	<b>11,204</b>	<b>-</b>	<b>26,292</b>	<b>31,751</b>
<b>A3 Payments</b>					
Administration Costs & Website	949	304	-	1,253	558
Bank Charges	60	-	-	60	72
Publicity	239	-	-	239	267
Refreshments	-	-	-	-	-
Subscriptions & Memberships	20	-	-	20	20
Training & Development	-	150	-	150	-
Venue Charges	2,061	3,068	-	5,129	5,480
Singing Tutor Fees	11,089	11,486	-	22,575	24,378
Singing Tutor & Volunteer Travel	767	1,965	-	2,732	2,475
<b>Sub total</b>	<b>15,185</b>	<b>16,973</b>	<b>-</b>	<b>32,158</b>	<b>33,250</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>15,185</b>	<b>16,973</b>	<b>-</b>	<b>32,158</b>	<b>33,250</b>
<b>Net of receipts/(payments)</b>	<b>- 96</b>	<b>- 5,770</b>	<b>-</b>	<b>- 5,866</b>	<b>- 1,499</b>
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>34,041</b>	<b>12,537</b>	<b>-</b>	<b>46,578</b>	<b>48,077</b>
<b>Cash funds this year end</b>	<b>33,945</b>	<b>6,767</b>	<b>-</b>	<b>40,712</b>	<b>46,578</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>33,945</b>	<b>6,767</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature Ruth Emerson	Print Name Ruth Emerson	Date of approval 08/07/24
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# Independent examiner's report on the accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Section A

## Independent Examiner's Report

Sing Your Heart Out

Charity Name  
Sing Your Heart Out

On accounts for the year ended

31 March 2024

Charity no  
(if any)

1185038

Set out on pages

1 - 3

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

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

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below \*)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

NLL

Date:

02/07/2024

Name:

Nicola Fowler, NJF Accounts Ltd

<b>Relevant professional qualification(s) or body (if any):</b>	Fellow of the Association of Chartered Certified Accountants Associate of the Chartered Institute of Taxation
---	--

<b>Address:</b>	21 Springfields
	Poringland, Norwich
	NR14 7RG

<b>Section B</b>	<b>Disclosure</b>
------------------	-------------------

Only complete if the examiner needs to highlight material problems.(E.g. accounting records have not been kept in accordance with s132 of the Charities' Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees' annual report.)

**Give here brief details of any items that the examiner wishes to disclose.**

**SING YOUR HEART OUT**

England & Wales - Charity number 1185038

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# Accounts

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**'Sing Your Heart Out' (SYHO)**

**Charity Number 1185038**

**Annual Report 2022 - 2023**

**Period covered by this report: 1 April 2022 - 31 March 2023 (end date of reporting year)**

## **Governance**

'Sing Your Heart Out' is a Foundation Model Charitable Incorporated Organisation (CIO). Its only members are the Trustees. The Charity is managed by a Central Organising Group (COG) which at the end of this reporting period comprised 10 trustees. The trustees and officers of 'Sing Your Heart Out' on 31 March 2023 were:

Julia Rumsby (Chair); Ruth Emerson (Joint Treasurer); Jenny Ford (Secretary); Carolyn Bain; Penny Holden (Systems Manager); Sylvie Taylor; Maggie Wheeler; Neil White (Joint Treasurer); Lyn Forde; Tessa Payne.

Two of our trustees stepped down in early 2023 - Kate Platt and Angela Mason. We are grateful to them both for their years of hard work and support for SYHO, particularly in providing a valuable link between the Trustees and their local SYHO group. Kate and Angela will continue to be part of their local groups in Great Yarmouth and Sheringham respectively. We were very pleased to appoint Tessa Payne (Great Yarmouth group) and Lyn Forde (Sheringham group) as Trustees to replace them.

We were also delighted to appoint Neil White as a Trustee in August 2022. Neil's background and extensive experience in finance and management have helped us to strengthen these aspects of our Charity.

During 2022-2023 we held 6 full trustee meetings, all of which took place online. A pattern of meeting via Zoom every 2 months has become a well-established way of managing our Charity efficiently and in an eco-friendly way. Sub-groups also met mostly online, including the finance group.

In exercising their duties, and when making decisions or determining policies, the trustees take account of SYHO's charitable purposes. We have due regard to the Charity Commission's guidance on furthering these for the public benefit. For example, SYHO's workshops are inclusive and free of charge - participants are only invited to voluntarily donate what they can afford.

## **SYHO's aims and purposes**

Sing Your Heart out promotes good mental health and wellbeing through singing workshops which enable participants to reap the known benefits of group singing in harmony. The sessions are carefully designed to encourage people who might normally feel unable to join more formal choir settings (often through mental ill health) can participate in the group singing without experiencing discrimination, and can benefit from engaging in a social activity without the stigma associated with mental ill health.

Sing Your Heart Out's regular singing workshops are held in 5 locations across Norfolk so that people can access workshops in their local area. The 5 SYHO groups are located in Norwich (SYHO Central), Kings Lynn (SYHO West), Hingham (SYHO South), Great Yarmouth (SYHO East) and Sheringham (SYHO North). We use venues with the broadest range of accessibility, including wheelchair access.

## **SYHO's challenges and achievements of 2022-23**

For the first time in 3 years we were able to run a full programme of in-person workshops without any interruptions or restrictions because of Covid. However, we continued to be vigilant and decided not to return to providing refreshments during the mid-session break. Instead, participants were invited to bring their own flasks or bottles of drinks which they were happy to do, whilst still having the opportunity to chat to others and socialise if they wanted to. We ran a total of 155 workshops across the year - 31 in each of the 5 locations. The total number of participants in any given week was approximately 100, a little lower than before the pandemic but including a pleasing number of new singers.

On a rather more sad note, we were very sorry to lose SYHO singer Helen Bensihem, who played a key part in setting up our Kings Lynn group in 2009. Helen was incredibly welcoming and a great champion of applying for funds for the running of SYHO West's workshops. In January 2023 Helen sadly passed away. We are grateful for the love she had for Sing Your Heart Out - she is greatly missed.

-----

Our wonderful teaching team of four tutors continued to lead the workshops with energy, sensitivity and skill, ensuring that everyone had fun and that individuals could participate at a level that felt comfortable for them. The tutors work well together under the guidance and management of Musical Director Natasha, and meet regularly to share songs and ideas. This year the Trustees took the opportunity to review and update the role and remuneration of the Musical Director.

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Technology continues to play an important role in the administration and management of our charity, as well as in informing the wider community about SYHO. A new SYHO website was launched in Spring 2022 and has gradually been added to during the year, although keeping it updated is an on-going task.

-----

When opportunities to do so arise, Sing Your Heart Out contributes to research into the benefits of group singing and promotes, educates and informs people about how such activity can improve mental health and wellbeing. This year we have given presentations to a Cancer Survivors Support Group and at a local Mental Health Trust's online webinar, participated in awareness-raising events arranged by other organisations including 'Care for Carers' and a North Norfolk Dementia Support Group, and were represented at a Creative Wellness Event at the Forum in Norwich.

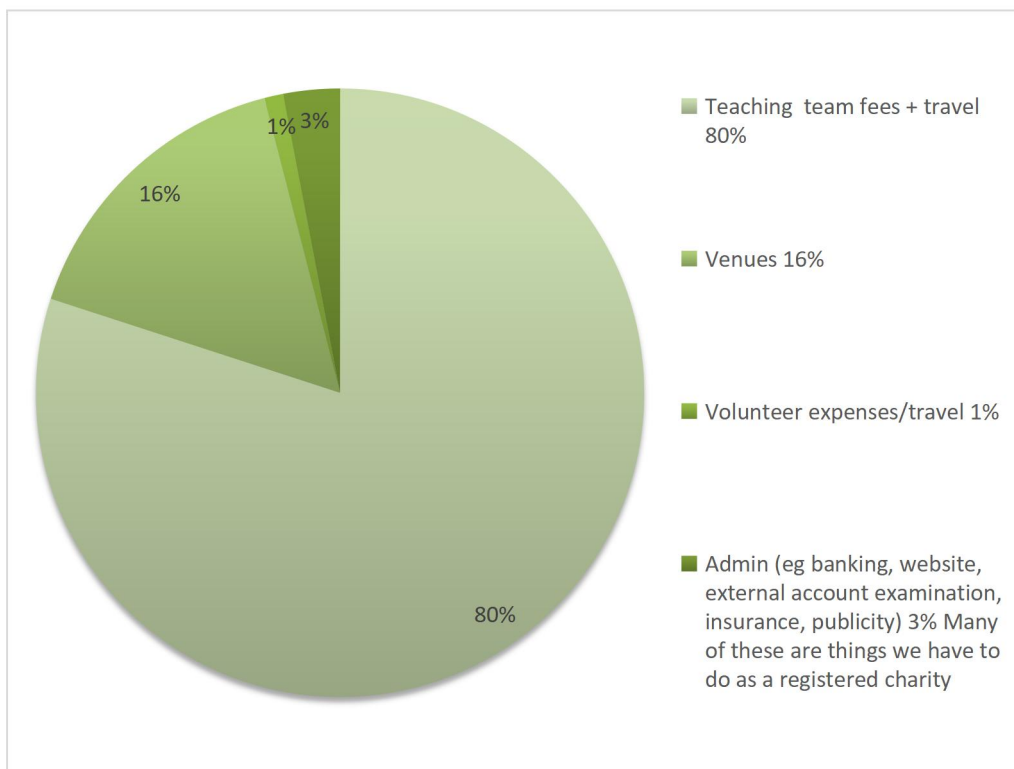
## SYHO's Finances

As SYHO receives no public funding and relies heavily on grants and donations, we are always working hard to raise additional funds. Local SYHO groups regularly make the most of the workshops by organising table-top sales and raffles, and by sharing home-grown produce in return for donations. In May one of our Kings Lynn volunteers organised and hosted a garden fete with music, stalls, and refreshments which raised a magnificent £936. And in November a local village pub supported SYHO South by hosting a coffee morning which raised £190.

Our overall income in 2022-23 was £31751, including £12008 in donations. We received a total of £16115 from grants from the Love Norfolk Fund (£5000), North Norfolk District Council Arts & Culture Fund (£3480), South Norfolk District Council Saracens Fund (£2635) and West Norfolk Lives Fund (£5000). We are grateful to the Norfolk Community Fund (NCF) for all their work in creating, highlighting and administering so many grants across the county.

The rest of the income (£3628) came from bank interest ,fees/reimbursements and fundraising activities.

Our overall expenditure in 2022-23 was £33250, the main costs being to cover the teaching team's fees and travel (£26755), and the hiring of venues (£5480). The diagram below shows how our funds were spent in 2022-23.



The incredible amount of time that volunteers and trustees give to SYHO, together with their generosity in other areas such as printing, means that we are able to keep our administrative costs very low. We are extremely appreciative of all their support and commitment.

At the end of the 2022-23 financial year SYHO's cash funds stood at £46578 compared to £48076 the previous year.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Sing Your Heart Out

No (if any)  
1185038

CC16a

## Receipts and payments accounts

For the period from	Period start date 1st April 2022	To	Period end date 31st March 2023
------------------------	-------------------------------------	----	------------------------------------

	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 £
<b>A1 Receipts</b>					
B/F 2020-2021					36,626
Donations & Legacies	3,306	240		3,546	6,700
Donations Cash Boxes	8,462	-		8,462	4,453
Fees & Reimbursements	1,199	-		1,199	300
Fundraising	2,391	-		2,391	907
Grants	-	16,115		16,115	18,127
Bank Interest	38	-		38	-
Gift aid					1,155
<b>Sub total (Gross income for AR)</b>	<b>15,396</b>	<b>16,355</b>		<b>31,751</b>	<b>31,642</b>
<b>A2 Asset and investment sales, (see table).</b>					
<b>Sub total</b>					
<b>Total receipts</b>	<b>15,396</b>	<b>16,355</b>		<b>31,751</b>	<b>31,642</b>
<b>A3 Payments</b>					
Administration Costs & Website	558	-		558	1,132
Bank Charges	56	16		72	96
Publicity	212	55		267	217
Refreshments	-	-		-	-
Subscriptions & Memberships	20	-		20	45
Training & Development	-	-		-	195
Venue Charges	2,326	3,154		5,480	1,310
Singing Tutor Fees	17,302	7,076		24,378	15,966
Singing Tutor & Volunteer Travel	1,728	747		2,475	1,231
<b>Sub total</b>	<b>22,202</b>	<b>11,048</b>		<b>33,250</b>	<b>20,192</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>22,202</b>	<b>11,048</b>		<b>33,250</b>	<b>20,192</b>
<b>Net of receipts/(payments)</b>	<b>- 6,806</b>	<b>5,307</b>	<b>-</b>	<b>- 1,499</b>	<b>11,450</b>
<b>A5 Transfers between funds</b>	<b>- 4,646</b>	<b>4,646</b>			
<b>A6 Cash funds last year end</b>	<b>45,493</b>	<b>2,584</b>		<b>48,077</b>	<b>36,627</b>
<b>Cash funds this year end</b>	<b>34,041</b>	<b>12,537</b>		<b>46,578</b>	<b>48,077</b>



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Total unrestricted funds and restricted funds total £46,577 which was carried forward to			-
				-
				-
	<b>Total cash funds</b>	<b>34,041</b>	<b>12,537</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>R. Emerson</i>	RUTH EMERSON	23.11.23

# Independent examiner's report on the accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Section A

## Independent Examiner's Report

Sing Your Heart Out

Charity Name  
Sing Your Heart Out

On accounts for the year ended

31 March 2023

Charity no  
(if any)

1185038

Set out on pages

1 - 3

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

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

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below \*)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

NLL

Date:

23/11/2023

Name:

Nicola Fowler, NJF Accounts Ltd

<b>Relevant professional qualification(s) or body (if any):</b>	Fellow of the Association of Chartered Certified Accountants Associate of the Chartered Institute of Taxation
---	--

<b>Address:</b>	21 Springfields
	Poringland, Norwich
	NR14 7RG

<b>Section B</b>	<b>Disclosure</b>
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Only complete if the examiner needs to highlight material problems.(E.g. accounting records have not been kept in accordance with s132 of the Charities’ Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees’ annual report.)

**Give here brief details of any items that the examiner wishes to disclose.**

**SING YOUR HEART OUT**

England & Wales - Charity number 1185038

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# Accounts

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**'Sing Your Heart Out' (SYHO)**

**Charity Number 1185038**

## **Annual Report 2021 - 2022**

**Period covered by this report: 1 April 2021 - 31 March 2022 (end date of reporting year)**

### **Governance**

'Sing Your Heart Out' is a Foundation Model Charitable Incorporated Organisation (CIO). Its only members are the Trustees.

The Charity is managed by a Central Organising Group (COG) which at the end of this reporting period comprised 9 trustees.

The trustees and officers of 'Sing Your Heart Out' on 31 March 2022 were:

Julia Rumsby (Chair); Ruth Emerson (Treasurer) Jenny Ford (Secretary); Kate Platt (Vice-Chair); Carolyn Bain (Vice-Treasurer); Penny Holden (Systems Manager); Angela Mason; Sylvie Taylor; Maggie Wheeler

Two of our initial trustees left during the year. Roz Ross stepped down in June 2021 and Martyn Marshall - who was also our Treasurer - stepped down at the end of August 2021. We are grateful to them both for all their contributions to SYHO, particularly during the preparation and early stages of SYHO's transition to a single charity in 2019. Ruth Emerson has taken over as SYHO's Treasurer.

During 2021-2022 we held 11 full trustee meetings, all of which took place online because of Covid. This pattern of shorter, but more frequent, meetings works very well and has become a well-established way of managing our Charity efficiently and in a more eco-friendly way. Sub-groups also met mostly online, other than when Covid restrictions allowed small groups to meet together in person, such as when we interviewed for a new singing tutor.

In exercising their duties, and when making decisions or determining policies, the trustees take account of SYHO's charitable purposes. We have due regard to the Charity Commission's guidance on furthering these for the public benefit. For example, SYHO's workshops are inclusive and free of charge - participants are only invited to voluntarily donate what they can afford.

-----

### **SYHO's aims and purposes**

Sing Your Heart out promotes good mental health and wellbeing through singing workshops which enable participants to reap the known benefits of group singing in harmony. The sessions are carefully designed to encourage people who might normally feel unable to join more formal choir settings (often through mental ill health) can participate in the group singing without experiencing

discrimination, and can benefit from engaging in a social activity without the stigma associated with mental ill health.

Sing Your Heart Out's regular singing workshops are held in 5 locations across Norfolk so that people can access workshops in their local area. As from September 2021 the 5 SYHO groups are located in Norwich (SYHO Central), Kings Lynn (SYHO West), Hingham (SYHO South), Great Yarmouth (SYHO East) and Sheringham (SYHO North). We use venues with the broadest range of accessibility, including wheelchair access.

Sing Your Heart Out contributes to research into the benefits of group singing and also seeks opportunities to promote, educate and inform people about how such activity can improve mental health and wellbeing.

-----

## **SYHO's challenges and achievements of 2021-22**

After not running any 'in-person' workshops during 2020-21, we were delighted to be able to return to these as Covid restrictions eased. Between March and September 2021 we continued to offer regular live online workshops, but in July and August ran our first in-person sessions in outdoor settings near our usual venues. Then in September we returned to indoor workshops, which was a very special moment for everyone. We had some great comments from singers:

*"It's been so important to meet in person again and really gives everyone a boost! Since the live sessions have been going again I can feel my sense of well-being rising again! Although I have no serious issues with mental health the last couple of years have been challenging and lockdowns and isolation haven't helped so it's wonderful to go to SYHO each week and come out feeling SO much better than when I went in! Thank you so much to all those who lead sessions and organise behind the scenes!"*

*"I so look forward to my singing. I sometimes feel lonely since this pandemic and always look forward to our singing sessions. I sing slightly out of tune and off key but nobody minds and everyone is so friendly and supportive and I think I have improved. Thank you."*

*"I always come away feeling so much happier - it's a good start to begin my week with."*

*"We are new to SYHO. My husband has Parkinson's and dementia, and it does us both the world of good. It's now a highlight of our week. Thank you."*

Although in September the numbers of participants were lower than before Covid, these gradually increased over the Autumn, until the Omicron variant led us to return to online workshops during January 2022 before resuming our 'normal' programme in February. Yet despite these stop-start challenges SYHO ran a total of 112 workshops during the reporting year: 13 online, 10 in-person outdoors and 89 in-person indoors.

-----

It was important to provide safe, well-ventilated and spacious 'post-Covid' settings for our workshops, so we reviewed the 5 venues being used before the pandemic. Consequently 3 of our groups - SYHO East, SYHO Central and SYHO South - have moved to a different building within the same area.

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When planning for an eventual return to our normal workshop programme it was crucial to have sufficient capacity and flexibility within the teaching team to deliver it. So we set about finding a fourth singing tutor and were delighted to welcome Lindsey to SYHO in August 2021. We are very lucky to have such talented and lovely people who lead our sessions and who work so well as a team, guided and managed by Musical Director, Natasha.

During this time we also worked with Natasha to review and revise our SYHO songbook. By the time we returned in September all 5 groups had their own set of professionally produced, attractive songbooks.

-----

Technology plays an important role in the administration and management of our charity, but also in how we can inform others about SYHO and inspire the wider community. For example, in July 2021 Penny did a presentation about SYHO to the local mental health trust (Norfolk and Suffolk Foundation Trust), as part of their programme of online 'Sharing and Learning' events.

As SYHO's main IT expert Penny also led a review and revamp of our website during 2021-2022, consulting SYHO's singers, trustees and tutors. A freshly designed website on a new platform was launched in Spring 2022. This is a project that will continue during the coming year.

-----

One of SYHO's aims and purposes is to contribute to relevant research and this year we were invited to recruit volunteers from our SYHO community to participate in a Covid-UK study of how the effects of the epidemic were negatively affecting people who already have mental health conditions. The project was led by Tom Shakespeare, Professor of Disability Research at London School of Hygiene and Tropical Medicine.

-----

## **SYHO's Finances**

This was another challenging year for SYHO which receives no public funding and so relies heavily on grants and donations. For most of the year it was still impossible to hold local fundraising activities such as table-top sales, and raffles. But despite these limitations alternatives were organised, including a postal/electronic quiz. Our biggest event was in June 2021, when trustee Angela and singing tutor Natasha did a fundraising cycle ride. Over 3 days they cycled more than 200 miles around Norfolk, visiting each of the 5 SYHO venues along the way. Their magnificent effort and the generosity of SYHO supporters raised just over £4000, which was amazing!

In 2021 - 2022 we received a total of £18127 from grants. These were from the National Lottery Local Connections Fund (£2500), the Miss Smith and Mount Trust (£5000) and the Warming Wellbeing Fund (£10000). Smaller grants came from the research project mentioned above (£500), and from Archant Publishers 'Cash for Charities' fund (£127).

Our overall income was £31642 with the rest coming from donations, Gift Aid and fundraising activities.

Ideally, at any one time we would like to maintain a balance of funds sufficient to cover a year of SYHO's running costs ie - around £45K. However, our reserves policy aims at a minimum of £10K, in order to cover potential situations such as contingency, commitments, cashflow and closure.

As we were able to offer our programme of in-person indoor workshops for only 6 months of this financial year, our expenditure was less than in a 'normal' year. Overall expenditure was £20192, the main costs being to cover singing tutors' fees and travel (£17198) and hiring of venues (£1310). At the end of the 2021-22 financial year (31/03/22) SYHO's cash funds stood at £48077 compared to £36626 the previous year.

-----

## Looking ahead to 2022-23

As we enter the next year we plan to:

recruit new trustees or volunteers with IT skills, financial skills, admin skills;  
rebuild local fundraising activities;  
update our publicity leaflets;  
continue developing a new website;  
attend and re-engage with promotional and outreach events.

**The trustees declare that they approved the trustees' report above on 26 September 2022**

**Signed on behalf of the charity's trustees:**

<b>Signature(s):</b>	Julia Rumsby	Penny Holden
<b>Full name(s):</b>	Julia Christine Rumsby	Sheila Penelope Holden
<b>Position (eg Chair, Secretary etc):</b>	Chair	Trustee/Systems Manager

**Date: 26 September 2022**

# Independent examiner's report on the accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Section A

## Independent Examiner's Report

Sing Your Heart Out

Charity Name  
Sing Your Heart Out

On accounts for the year ended

31 March 2022

Charity no  
(if any)

1185038

Set out on pages

1 - 3

**Respective responsibilities of trustees and examiner**

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2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

NLL

Date:

02/09/2022

Name:

Nicola Fowler, NJF Accounts Ltd

<b>Relevant professional qualification(s) or body (if any):</b>	Fellow of the Association of Chartered Certified Accountants Associate of the Chartered Institute of Taxation
---	--

<b>Address:</b>	21 Springfields
	Poringland, Norwich
	NR14 7RG

<b>Section B</b>	<b>Disclosure</b>
------------------	-------------------

Only complete if the examiner needs to highlight material problems.(E.g. accounting records have not been kept in accordance with s132 of the Charities' Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees' annual report.)

**Give here brief details of any items that the examiner wishes to disclose.**

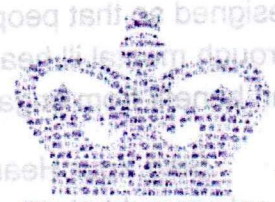
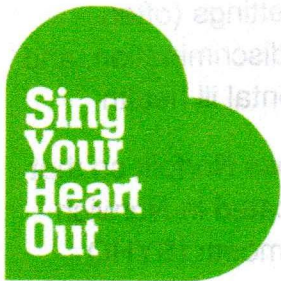
**SING YOUR HEART OUT**

England & Wales - Charity number 1185038

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# Accounts

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**The Queen's Award  
for Voluntary Service**  
*The MBE for volunteer groups*

## **'Sing Your Heart Out' (SYHO)**

**Charity Number 1185038**

### **Annual Report 2020 - 2021**

**Period covered by this report: 1 April 2020 - 31 March 2021 (end date of reporting year)**

## **Governance**

'Sing Your Heart Out' is a Foundation Model Charitable Incorporated Organisation (CIO). Its only members are the Trustees.

The Charity is managed by a Central Organising Group (COG) comprising 11 trustees

The trustees and officers of 'Sing Your Heart Out' during this period were:

Julia Rumsby (Chair); Martyn Marshall (Treasurer); Jenny Ford (Secretary); Kate Platt (Vice-Chair); Carolyn Bain (Vice-Treasurer); Ruth Emerson (Vice-Secretary); Penny Holden (Systems Manager); Angela Mason; Roz Ross; Sylvie Taylor; Maggie Wheeler

One of our initial trustees, Mandy Stratton, stepped down at the end of August 2020. Sylvie Taylor, also from SYHO's Kings Lynn group, was appointed in October 2020 to replace Mandy as a SYHO West representative. Maggie Wheeler took over Mandy's role as SYHO's named Safeguarding trustee.

We are grateful to Mandy for all her contributions to SYHO, particularly during the preparation and early stages of SYHO's transition to a single charity in 2019. We are also delighted that Sylvie, who has been involved with SYHO for many years, has joined COG.

During 2020-2021 we held 13 full trustee meetings, all of which took place online because of Covid. This pattern of shorter, but more frequent, meetings worked very well and is something we are likely to continue. Sub-groups also met mostly online, other than when Covid restrictions allowed small groups to meet together in person.

In exercising their duties, and when making decisions or determining policies, the trustees take account of SYHO's charitable purposes. We have due regard to the Charity Commission's guidance on furthering these for the public benefit. For example, SYHO's workshops are inclusive and free of charge - participants are only invited to voluntarily donate what they can afford.

## **SYHO's aims and purposes**

Sing Your Heart out promotes good mental health and wellbeing through singing workshops which enable participants to reap the known benefits of group singing in harmony. The sessions are

designed so that people who might normally feel unable to join more formal choir settings (often through mental ill health) can participate in the group singing without experiencing discrimination, and can benefit from engaging in a social activity without the stigma associated with mental ill health.

Sing Your Heart Out's regular singing workshops are held in 5 locations across Norfolk so that people are able to access workshops in their local area. The 5 SYHO groups are located in Norwich (SYHO Central), Kings Lynn (SYHO West), Attleborough (SYHO South), Great Yarmouth (SYHO East) and Sheringham (SYHO North). We use venues with the broadest range of accessibility, including wheelchair access, as far as is possible.

Sing Your Heart Out contributes to research into the benefits of group singing and also seeks opportunities to promote, educate and inform people about how such activity can improve mental health and wellbeing.

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## **SYHO's challenges and achievements of 2020 - 2021**

Sadly, the Covid-19 pandemic meant that we were unable to run any 'in-person' workshops at all during the year. Nevertheless, SYHO found other ways of enabling people to continue singing with our tutors and with one another, and to stay connected. These involved two projects which offered free online singing activities. The first project, '**SYHO in Your Home**', ran between April 2020 and Sept 2020. The SYHO tutors recorded a total of 22 individual videos: 3 'Warm-ups', 5 'Instant Singalongs', and 14 'Learn and Singalong Songs' which were posted on the SYHO website. These were very popular and remain available for use and enjoyment by anyone, anytime and anywhere. The second project '**SYHO Live Online**' offered fortnightly live tutor-led workshops via Zoom between Sept 2020 and April 2021 and is on-going, with sessions attracting between 30 and 50 participants, including several who were experiencing SYHO for the first time, and a few who joined the sessions from different areas of this country and from around the world!

We are nevertheless aware that a significant number of our 'pre-Covid' beneficiaries are not able to access the internet and have not been able to stay connected with SYHO in this way, perhaps because they lack the technology, skills, confidence or finance to do so. SYHO's policy and practice of not asking for, or retaining, any personal details of those who attend the workshops also meant that we could not contact people to stay in touch or to let them know directly about the online activities. This is something we shall review for the future. However, we did regularly publicise the projects through local media and are pleased that SYHO's online presence has been a great support for many during this challenging year.

### **Below is a sample of what SYHO beneficiaries have told us about the online projects:**

*"I have been on the SYHO website, singing the Wellbeing song with Kimberley! Very enjoyable, thank you for that and the warm ups, and please keep them coming!" (P)*

"As someone living alone and shielding because of lung damage, I knew the importance of singing to me and sought it out. SYHO fulfilled my needs for singing with others, learning new material, maintaining a positive attitude and improving my feeling of wellbeing. SYHO is a professionally run, well organised charity, joyful in its presentations and challenges singers enough to make a difference to them in all the ways I mention, but

does not push them beyond their abilities or dis-courage, in fact, just the opposite. The sessions were something to look forward to in a sometimes otherwise bleak landscape. I always felt much better in body and mind afterwards and I thank them for it." (W)

*"I wanted to say how grateful I am that we have been able to continue the singing workshops online. My husband died on New Year's Day, and life was very bleak. The one joy in my life was and still is, the SYHO workshops. The singing is fun as always, and it never fails to be pleasing when all the various elements of the songs come together. It's also lovely to see old friends again on the screen and to know they are still around. Our tutors provide encouragement and humour, and the time goes by very quickly. The songs are varied but the content is always positive and often soothing. I miss the weekly sessions, and hope we will return to that sometime in the near future. Meanwhile I can dip into the songs on the website at any time of my choosing, and I hope I may be able to join up with (X) to sing over the phone together, or in the garden, weather and time permitting."* (L)

"I'm very grateful for the SYHO sessions. I started them at a time when I was off work from the mental health service. Occupational health suggested exercise and doing something that I liked and something social. I had belonged to community choirs in the past but with the demands of work found it increasingly hard to attend them, and then I felt bad as I was missing sessions. SYHO was relatively undemanding, as it was ok to attend a single session or all of them. It was understanding and made up of a wide range of people, many of whom understood and were able to talk about struggling through the day. It was also a relief in that it was donations, as I had little money coming in and that was a worry. The song leaders were great, each with their different styles, and there are a great range of songs. Lockdown has been tough, and regular online singing sessions have been one of the things that give a purpose and structure to my week. It's good to have something to put in my diary. I am grateful for SYHO as they help to keep me going. The only bad thing about SYHO is that there are not more groups, so everyone who needs or wants to can easily access a session, and that the volunteers have to work so hard to make sure SYHO continues! Thank you." (G)

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During the year we were pleased to contribute to a research project run by Dr Tom Shakespeare (Professor of Disability Research at the London School of Hygiene and Tropical Medicine) by recruiting a number of volunteers from the SYHO community who were willing to be interviewed. The research explored how the public debate, the lockdown and other difficulties connected to the Covid-19 epidemic were negatively affecting people who already have mental health conditions.

We were also approached by Amy Biancolli, a US reporter for the journal 'Mad in America'. In the autumn Amy joined one of our 'SYHO Live Online' sessions and also conducted online interviews with a few of the SYHO team. Her article, published in early 2021, is about making music and healing souls, describing in detail and capturing extremely well everything that SYHO does and represents. It can be viewed via the homepage of our SYHO website: <https://www.syho.org/>

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The SYHO website, along with our social media platforms, Facebook and Twitter, continued to provide important means of sharing information and news, In response to the effects of the pandemic we further increased our digital tools by introducing a SYHO email subscription facility, a 'virtual' donation box, and using Zoom for our online singing workshops and meetings. It has been a steep learning curve for everyone involved!

The SYHO teaching team underwent significant changes during 2020-21. Musical Director Chrissy and tutor Jane - both of whom had been part of SYHO for many years - stepped down. We were sad to say goodbye to them both but found 'Covid-safe' ways to acknowledge their departure and express our appreciation for everything they had done for SYHO.

Natasha, one of SYHO's other regular tutors, took over the Musical Director role in September 2020. The transition was well-organised and went smoothly. The trustees also took this opportunity to review and negotiate role descriptions and a revised fee structure for the Musical Director and tutors. The demands and skills required of these talented professionals, particularly since SYHO's diversification into online activities, are wide-ranging and have included developing different ways of teaching and adapting to technology.

### SYHO's Finances

This was a challenging year for SYHO which receives no public funding and depends on grants and donations to fund its service. With no in-person workshops we could not hold local fundraising activities such as table-top sales, and raffles. We could not provide our usual collection boxes for voluntary donations at the sessions so set up an online donation facility.

In 2020-21 we received 2 grants totalling £2500. Our overall income was £4329 with the rest coming from donations.

Ideally, at any one time we would like to maintain a balance of funds sufficient to cover a year of SYHO's running costs ie - around £45K. However, our reserves policy aims at a minimum of £10K, in order to cover potential situations such as contingency, commitments, cashflow and closure.

We also had lower costs and expenditure. At the end of the 2020-21 financial year (31/03/21) SYHO's cash balance stood at £36626 compared to £43103 the previous year.

**The trustees declare that they approved the trustees' report above on 24 August 2021**

**Signed on behalf of the charity's trustees:**

Signature(s): *J.Rumsby*

Full name(s): JULIA RUMSBY

Position (eg Chair, Secretary etc): CHAIR

Date: 30/8/21

*C Platt*  
C PLATT (CATHERINE)  
VICE CHAIR



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Sing Your Heart Out

1185038

## Receipts and payments accounts

CC16a

For the period  
from

01/04/2020

To

31/03/2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations & Legacies	1,203	-	-	1,203	-
Donations Cash Box	275	-	-	275	-
Fundraising	351	-	-	351	-
Grants	500	2,000	-	2,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,329</b>	<b>2,000</b>	<b>-</b>	<b>4,329</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,329</b>	<b>2,000</b>	<b>-</b>	<b>4,329</b>	<b>-</b>
<b>A3 Payments</b>					
Administration Costs & Website	639	-	-	639	-
Bank Charges	69	-	-	69	-
Publicity	75	-	-	75	-
Refreshments	22	-	-	22	-
Subscriptions & Membership	65	-	-	65	-
Voice Coach Fees	7,730	2,000	-	9,730	-
Voice Coach and Volunteer Travel	206	-	-	206	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>8,806</b>	<b>2,000</b>	<b>-</b>	<b>10,806</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,806</b>	<b>2,000</b>	<b>-</b>	<b>10,806</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 6,477</b>	<b>-</b>	<b>-</b>	<b>6,477</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>6,477</b>	<b>-</b>	<b>-</b>	<b>6,477</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Balance - CAF Bank	36,441	142	-
	Bank Balance - Barclays	43	-	-
	<b>Total cash funds</b>	<b>36,484</b>	<b>142</b>	<b>-</b>

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>				-
				-
				-
				-
				-
				-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>J.B. Rumsey</i> <i>R. Emerson</i>	JULIA RUMSBY RUTH EMERSON	5 Oct 2021 5 Oct 2021



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Sing Your Heart Out

**On accounts for the year  
ended**

31 March 2021

**Charity no  
(if any)**

1185038

**Set out on pages**

1 - 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 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 2011 Act and in carrying out my examination, I have followed the 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 (~~other than that disclosed below~~\*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

N Fowler

**Date:**

01/10/2021

**Name:**

Nicola Fowler, NJF Accounts Ltd

**Relevant professional  
qualification(s) or body  
(if any):**

FCCA, CTA

**Address:**

21 Springfields

Poringland

Norwich, NR14 7RG

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

<p>186035</p>	<p>Charity no (if any)</p>	<p>31 March 2021</p>	<p>Accounts for the year ended</p>
<p></p>	<p></p>	<p>1 - 2</p>	<p>Set out on pages</p>
<p>I report to the trustees on my examination of the accounts of the charity ("the Trust") for the year ended 31 March 2021. 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 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(2)(b) of the Act. I have completed my examination. I confirm that no material matters have come to my attention (other than those disclosed below) in connection with the examination which gives me cause to believe that, in any material respect:</p> <ul style="list-style-type: none"> <li>the accounts do not accord with the accounting records</li> <li>accounting records were not kept in accordance with section 130 of the Act or</li> </ul> <p>I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached. Please delete the words in the brackets if they do not apply.</p>			
<p>04/10/2021</p>	<p>Date</p>	<p>N Fowler</p>	<p>Signed:</p>
<p></p>	<p></p>	<p>Nicola Fowler, N.F. Accounts Ltd</p>	<p>Name:</p>
<p></p>	<p></p>	<p>FCOA, CTA</p>	<p>Relevant professional qualification(s) or body (if any):</p>
<p></p>	<p></p>	<p>21 Sphingfelds</p>	<p>Address:</p>
<p></p>	<p></p>	<p>Forchheim</p>	<p></p>
<p></p>	<p></p>	<p>Norwich: NR14 7RG</p>	<p></p>