



'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 1st April 2023 and 31st 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 1st September 2023 - 31st 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 20th 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.

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.

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 10th 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.

The rest of the income (£3468) came from bank interest, gift aid, reimbursements and fundraising activities.

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.

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 enter a new SYHO year we aim to:

continue trying to find volunteers with skills and expertise in Information Technology;

run a full programme of workshops in all 5 of our locations;

further celebrate SYHO's 20th anniversary during 2024, including a Big Sing on 10 June. This event will bring together the tutors and singers from across all 5 groups, as well as those who have been part of SYHO's journey and development over the years.

continue to publicise SYHO wherever we can within communities, and encourage new singers to join us.

The trustees declare that they approved the trustees' report above on 8 July 2024

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 15 July 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Sing Your Heart Out

No (if any)

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01.04.2023		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 £
A1 Receipts					
	-	-	-	-	
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	-
Sub total (Gross income for AR)	15,089	11,204	-	26,292	31,751
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,089	11,204	-	26,292	31,751
A3 Payments					
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
Sub total	15,185	16,973	-	32,158	33,250
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,185	16,973	-	32,158	33,250
Net of receipts/(payments)	- 96	- 5,770	-	- 5,866	- 1,499
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end	34,041	12,537	-	46,578	48,077
Cash funds this year end	33,945	6,767	-	40,712	46,578

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	33,945	6,767	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

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

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

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

Section B	Disclosure
	<p>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.)</p>

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