



'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 1st April 2024 and 31st 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 20th Anniversary celebrations.



So we booked Swanton Morley Village Hall - a central venue - for the whole day on Monday 10 June. Singers from 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)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01.04.2024

To

Period end date
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 £
A1 Receipts					
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
	-	-	-	-	-
Sub total (Gross income for AR)	21,609	26,450	-	48,059	26,292
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,609	26,450	-	48,059	26,292
A3 Payments					
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
	-	-	-	-	-
Sub total	7,085	24,710	-	31,795	32,158
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,085	24,710	-	31,795	32,158
Net of receipts/(payments)	14,524	1,740	-	16,264	- 5,866
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	33,945	6,767	-	40,712	46,578
Cash funds this year end	48,469	8,507	-	56,976	40,712

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	48,469	8,507	-
	(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	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

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.