

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Details

Status Registered

Legal form CIO

Registered 2019-11-04

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

Contact

Address 30 High Street
Harpole
Northampton
NN7 4DH

Phone 07962213910

Email DementiaSingsOut@gmail.com

Website dementiasingsout.org

Activities

Objects: THE OBJECT OF THE DSO IS FOR THE PUBLIC BENEFIT SPECIFICALLY TO PROVIDE SUPPORT AND RELIEF, THROUGH WEEKLY SINGING SESSIONS, FOR PEOPLE IN THE WELLINGBOROUGH AREA LIVING WITH DEMENTIA, AND THEIR CARERS.

Activities: To provide support and relief, through weekly singing sessions, for people in the Wellingborough area living with dementia, and their carers.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£31,085	£19,407	-	-
2023-11-30	£19,547	£17,150	-	-
2022-11-30	£18,333	£11,358	-	-
2021-11-30	£21,499	£9,603	-	-
2020-11-30	£27,378	£15,122	-	-

Trustees

Name	Role	Appointed
Garry Bowe	Chair	2019-09-13
Catherine Barrett		2019-09-13
Ian Barrett		2019-09-13
Judith Chapman		2019-09-13
Kathryn Manning		2019-09-13
Lucy James		2019-09-13
Ruth Bowe		2019-09-13
Stephen Line		2024-01-13

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Accounts

DSO TRUSTEES' REPORT FOR PERIOD TO END OF 2024

I. INTRODUCTION

“What a truly wonderful place, everyone was so friendly & made me so welcome”(Local MP Gen Kitchen)

The DSO Board of Trustees continues to be humbled by the feedback which we receive on a weekly basis; we are told that, even after six years, we continue to bring joy to so many people for whom DSO provides support whether they be carers or those living with dementia (“Its lovely to see his spark & humour reignited”). Equally as Trustees we continually draw attention to those who selflessly give in their own way by volunteering as the Charity continues to thrive on the efforts of an amazing level of commitment and support from unpaid volunteers. The DSO website content & social media platforms provide a graphic into the charity’s weekly activities for anyone seeking proof of what we are told are “moments of magic”;

II. OVERVIEW of CHARITY’S ACTIVITIES SINCE THE LAST REPORT

We are acutely aware of the logistical difficulties facing both Care Homes and those living privately in terms of accessing our weekly sessions. One initiative which we trialed is that of a Transport Grant to enable those living privately to attend more easily. Our increased commitment to networking across the local Charity sector has enabled us to both spread DSO’s word but also share experiences and lessons learned with other organisations. An obvious result of this is that numerically, as our data collection since the Charity’s previous Annual Report illustrates, our reach is increasing (an average in-person attendance of 110 in 2024 which in 2025 has increased further still to 135) with the associated pressures which this places upon our organisation. The simple issues of the requisite layout of the room, the moving of chairs and tables, the provision of an increased number of teas and coffees and car-parking pressures have each placed demands on us for which we have had to find solutions.

Feedback from our clients is that there remains a real appetite for more than one weekly session. We have withstood this development up to this point largely because of the burden upon Trustees in particular but no doubt the issue will be debated again in our forthcoming annual strategic review. A distinctive feature of our activities is our continuing use of a Zoom facility. The extended reach which this provides certainly outweighs the technical challenges with which we continue to wrestle; however, nothing can come close to the in-person experience and we invite anyone to visit our free Thursday morning sessions.

We conduct, at the end of each reporting period, a wide-ranging Strategic Review of the Charity’s activities enabling us to re-establish commonly-held values, agree measures of success and future direction. This re-focused our determination to build upon our commitment to social prescribing by extending further our already-strong links with local community groups especially those involved in support for those living with

dementia. Dementia Friendly network breakfast meetings have been attended by Trustees and the contacts created and cemented have undoubtedly provided benefits for those who attend DSO. Similarly our continued involvement with the Northants Community Fund network has opened up yet further new links across a wide spectrum of community groups.

One of our stated objective is to provide support to attendees and their families outside of our weekly sessions because so many have voiced feelings of isolation when faced with a diagnosis of dementia. One example has been a visit by solicitors from local law firm Tollers.) *“I think that it’s truly inspirational to add these extra benefits for carers such as the latest one covering legal and financial advice”*

At the same time Manual handling training, refresher Dementia awareness training and safeguarding training have been further developed for both volunteers and supporters because we as Trustees acknowledge our broader responsibilities in working with vulnerable adults.

Recognition of the Charity at the Annual NCF Awards Evening with Happy & Healthy Communities award for DSO itself was a well-received accolade but the award of Volunteer of the Year to Alan Mason was confirmation of the joy which Alan brings with his dancing feet each week even after he has accompanied many clients from their minibuses and positioned them in his meticulously planned seating arrangements! Alan’s modesty is such that he received the award on behalf of a whole team of volunteers”.

A 5 Year Anniversary Celebration with the deliberate objective of involving family members who might not normally be able to see their loved ones benefiting from DSO on a weekly basis was an enormous success.

Another specific event was that of a Donors & Sponsors’ Thankyou Morning in November 2024. Intended as a public recognition of the humbling benefaction from an increasingly broad range of both Community groups and private individuals.

In our last strategic review we set ourselves the task of achieving even greater variety of content, in part in response to customer feedback when we invited their suggestions. As a result we have recently witnessed the enormous success of an African Youth Drumming Group as well as an exceptional Elvis Tribute performer who was not allowed to leave the building until he agreed to return again!

III. SUMMARY OF DSO ACTIVITIES

- I. Weekly Zoom and in-person singing sessions
- II. Promotion of Dementia awareness amongst attendees and contacts.
- III. Provision of wider support for families via specific information events.
- IV. Safeguarding training for all Trustees, supporters and volunteers
- V. Continued collaboration with local primary schools: Ruskin Infants and Wellingborough School as part of their community education programmes.
- VI. Promotion of DSO activities through increased social media publicity campaigns (Maurice’s Bring Me Sunshine went viral with over 2k views on Facebook including direct feedback from the son and daughter of Eric Morecombe) - as well as mainstream media coverage of events such as the Christmas Party on Anglia News and BBC East as well as local radio (ie interviews with both BBC Northampton and Times Radio) & newspapers.

Specific events to be noted:

- VII. Visit by African Drumming youth Group.
- VIII. Christmas Party event with involvement of Wellingborough Community Gospel Choir and included 42 children from Wellingborough School being taught choregraphical moves by our very own Grace (the attendance on that day was 230 people ranging in age from 6-102!)
- IX. 5-year Anniversary Celebration event in July 2024 attended by family members with involvement again from Wellingborough Community Gospel Choir which includes the majority of DSO's trustees and a sizeable number of our own volunteers.
- X. Northampton Community Foundation networking & workshop day,
- XI. Diwalhi Celebration Session
- XII. Visit by All Saints Primary School Choir
- XIII. As part of Dementia Action Week Trustees attended Kettering General Hospital Information Day.

IV. CONCLUSION

Trustees are regularly reminded of DSO's charitable objectives and the Charity Commission responsibilities at our regular meetings. In our last Annual Review meeting we committed to building upon our social prescribing links with other organisations as well as providing support for attendees beyond the reach of our weekly sessions. As stated a number of clients have benefited from contacts and introductions which we have facilitated with regard to solicitors, private care sector individuals and support groups.

Trustees take a genuine sense of pride in the Charity's activities and successes which are documented on our social media platforms (***see Website and Social Media presence on Facebook & Instagram highlighting current activities, regular news sheets and testimonials***). The current annual financial Report provides evidence of the Charity's continuing meticulous financial management and also, most importantly, the ongoing benevolence of our numerous benefactors.

There is a sense of sadness that by the very nature of our clients' condition we have had to come to terms with the fact that the cruelty of dementia will take some of our attendees; nothing prepares us for this but families invariably thank us for having brought some light into their lives and those of their loved ones. "DSO was such a wonderful space for mum to forget about her dementia each week & feel a real joy"

GRB
Chairman of Trustees
June 2025.

Dementia Sings Out
a Charitable Incorporated Organisation

Registered Charity number: 1186115

Tax reference number: 2616622750

Trustees

Catherine Barrett

Ian Barrett

Garry Bowe – Chairman

Ruth Bowe

Judith Chapman

Lucy James

Stephen Line - Treasurer

Kathryn Manning

Background Notes for the year ended 30 November 2024

The Dementia Sings Out charity:

- aims to provide weekly music and singing sessions for the benefit of those living with Dementia and their carers residing in Northamptonshire.
- has no employees, and all the charity's activities are carried out by volunteer helpers who provide their time free of charge.
- derives its income from third party donations and the National Lottery Community Fund.
- has no assets other than its bank account.

Dementia Sings Out
a Charitable Incorporated Organisation

Receipts and Payments Account
For the year ended 30 November 2024

	2024	2023
	£	£
Receipts		
Donations	13,007	10,824
The National Lottery Community Fund	18,078	8,723
Total Receipts	31,085	19,547
Payments		
Music director fees	7,050	6,900
Room hire	7,520	7,280
Refreshments	1,831	1,270
Website costs	1,065	1,056
Other consumables	546	181
Marketing and printing	976	116
Training costs	0	94
Insurance	54	218
Miscellaneous	365	35
Total Payments	19,407	17,150
Excess Receipts over Payments	11,678	2,397
Balance at bank 1 December 2023	33,506	31,109
Balance at bank 30 November 2024	45,184	33,506

Dementia Sings Out
a Charitable Incorporated Organisation

Balance Sheet
As at 30 November 2024

	2024	2023
	£	£
Unrestricted reserves	45,184	33,506
Represented by:		
Bank Balance	45,184	33,506

The Receipts and Payments Account of the Dementia Sings Out charity for the year ended 30 November 2024 and its Balance Sheet as at that date as set out on pages 2 and 3 were approved by the Board of Trustees on 30 May 2025 and signed on its behalf by:



S P Line: Trustee

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Dementia Sings Out

On accounts for the year ended

30 November 2024

Charity no
(if any)

1186115

Set out on pages

2 and 3

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 November 2024.

Responsibilities and basis of report

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:



Date:

24/06/25

Name:

IAN PAUL BLANCHARD

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

FELLOW OF THE INSTITUTE & FACULTY OF ACTUARIES

Address:

JUNIPER HOUSE, ST JAMES ROAD

SW4

LONDON SW4 6AN

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

None

Dementia Sings Out
a Charitable Incorporated Organisation

Registered Charity number: 1186115

Tax reference number: 2616622750

Trustees

Catherine Barrett

Ian Barrett

Garry Bowe – Chairman

Ruth Bowe

Judith Chapman

Lucy James

Stephen Line - Treasurer

Kathryn Manning

Background Notes for the year ended 30 November 2024

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a Charitable Incorporated Organisation

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a Charitable Incorporated Organisation

Balance Sheet
As at 30 November 2024

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Unrestricted reserves	45,184	33,506
Represented by:		
Bank Balance	45,184	33,506

The Receipts and Payments Account of the Dementia Sings Out charity for the year ended 30 November 2024 and its Balance Sheet as at that date as set out on pages 2 and 3 were approved by the Board of Trustees on 30 May 2025 and signed on its behalf by:



S P Line: Trustee

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Dementia Sings Out

On accounts for the year ended

30 November 2024

Charity no
(if any)

1186115

Set out on pages

2 and 3

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Responsibilities and basis of report

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- the accounts did not accord with the accounting records; or
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I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

24/06/25

Name:

IAN PAUL BLANCHARD

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

FELLOW OF THE INSTITUTE & FACULTY OF ACTUARIES

Address:

JUNIPER HOUSE, ST JAMES ROAD

SW4

LONDON SW4 6AN

Section B

Disclosure

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

None

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Accounts

DSO TRUSTEES' REPORT FOR PERIOD TO END OF 2023

I. INTRODUCTION

The DSO Board of Trustees is proud of what has been achieved in bringing joy to so many people since the first DSO session on 4th July 2019 – venue changes, a world pandemic, increased running costs, logistical challenges facing the care sector as a whole have not dimmed that enthusiasm. The DSO website content & social media platforms provide a graphic snapshot of the charity's activities and are proof that every week we witness moments of magic; the recent 5 Year Anniversary celebration, the planning for which was itself evidence of the Charity's strength, was a fitting showcase for our successful story even though it technically took place outside of the return period.

We have been very deliberate in accepting that we cannot afford to take anything for granted. Against the backdrop of so many economic challenges across society and in the Charity sector particularly, the Trustees have been heartened by the continued growth in DSO's reach since the Charity's previous Annual Report. Care sector staffing and transportation challenges to Thursday sessions are largely out of our control but we marvel at the manner in which care home professionals and our charity volunteers conduct themselves and make immense efforts to support DSO. Our ongoing use of Zoom facility means that, despite the wearisome technical challenges, we can reach out to a wide audience but nothing beats the in-person experience.

DSO Trustees have been increasingly conscious of the need to back-up our natural enthusiasm by ensuring that we provide hard evidence of the success which we witness. Well-documented weekly data collection (both quantitative and qualitative) confirms our numerical expansion in attendees (this has grown by over 50% in the last 12 months) with weekly attendance now averaging 90-120 plus an additional 20-30 on-line. Our client base is an amalgam of Care Home residents and those who are brought by individual carers, relatives or friends; all are treated equally respectfully. Increased attendance has challenged our logistics whilst also allowing us to identify key trends. One example of this has been the necessity to accommodate an increasing number of clients with mobility issues which in turn has meant a re-organisation of space specifically for wheelchairs.

II. OVERVIEW of CHARITY'S ACTIVITIES

At the end of the reporting period we undertook a wide-ranging Strategic Review of the Charity's activities enabling us to re-establish commonly-held values, agree measures of success and future direction. This also included an analysis of threats and, although our charitable objectives remain unchanged, this has focused our determination to extend further our links with the local community and also to provide support to attendees outside of our weekly sessions.

One key decision that was agreed unanimously, was that, we will continue to focus on operating on one single weekly session. We have received requests for more frequent sessions but we concluded that because DSO runs, apart from our Musical Director, entirely with the help of unpaid volunteers, we simply could not expect yet more time commitments. However, because we are not prepared to standstill our expansion plans mean even more concerted effort on social prescribing linking with the local Care Sector and other related agencies; breakfast meetings, visits by, and invitations to, local professional bodies such as solicitors and care organisations are agreed ways forward in the coming 12 months. Already one spin-off from this initiative has been the thanks received from attendees for the legal and financial advice which new links have opened up. Expansion of presentations to potential benefactors will form another key element in our forward planning.

Another key outcome of our review was that we should formalize our growing volunteer body and this has led to a welcome strengthening of the charity. Over the last 12 months there has been an increase in those who wish to volunteer. This has undoubtedly relieved some of the weekly pressures on Trustees themselves. Recognition via the local Wellingborough Good Deeds Fund allowed us funding specifically to show appreciation and recognition to that team of volunteers. At the same time the trustees have continued to provide refresher Dementia awareness training and safeguarding training for both volunteers and supporters.

Dementia Friendly network breakfast meetings have been attended by Trustees and this has undoubtedly provided benefits for those who attend DSO. One example has been the provision of much-needed respite care for an attendee and her under-pressure carer via the developing unofficial carers' network which we see on Thursday mornings. Similarly our involvement with the Northants Community Fund network has opened up new links across a wide spectrum of community groups. We had been a recipient of an initial 3k grant following our application and their on-site inspection visit left a lasting impression upon their assessors *"When we do presentations of our own we still refer to the laughter, warmth and safe environment we saw on our initial visit to DSO"*

The Trustees have recently embarked upon a renewed marketing and publicity campaign to raise further the charity's profile. This tireless programme has focused upon presentations to a variety of local community groups, regular newsletters and social media postings

Logistically we are confident that we can build upon our well-established contacts with local schools in particular to develop and promote the mutual benefits of collaboration between those living with dementia and young schoolchildren.

Trustees committed to an on-going strengthening of the Board's skills and one development in the last 12 months has been the welcoming onto the Board of Steve Line as Treasurer bringing additional business acumen and added financial scrutiny; we are fortunate that the original incumbent Cathie Barrett remains on the Board.

III. SUMMARY OF DSO ACTIVITIES

- I. Weekly Zoom and in-person singing sessions
- II. Promotion of Dementia awareness amongst attendees and contacts.
- III. Provision of wider support for families via specific information events.
- IV. Safeguarding training for all Trustees, supporters and volunteers
- V. Monitoring of success of DSO activities/provision via analytics to inform future planning.
- VI. Collaboration with local primary schools: All Saints, Ruskin and Wellingborough School as part of an education programme.
- VII. Promotion of DSO activities through increased media publicity campaigns including media coverage of Christmas Party on Anglia News and BBC East as well as local radio and newspapers.
- VIII. Visit by Asian saxophonist.
- IX. Christmas Party event with involvement of Wellingborough Community Gospel Choir.
- X. 5-year Anniversary Celebration event attended by family members with involvement again from Wellingborough Community Gospel Choir.

IV. CONCLUSION

Trustees continue to be aware of their responsibilities as well as the challenges and risks facing the DSO Charity. The Charity's activities and successes are evidenced on our social media platforms (see Website and Social Media links highlighting activities,

regular newsheets and testimonials). Community Networking and delegation of tasks to our growing band of supporters and volunteers have been two examples of development since our last report. These areas will continue to be a specific focus and consequently we are as optimistic as ever about the future of this wonderfully uplifting Charity.

GRB
Chairman of Trustees
July 2024.

Dementia Sings Out
a Charitable Incorporated Organisation

Registered Charity number: 1186115

Tax reference number: 2616622750

Trustees

Catherine Barrett

Ian Barrett

Garry Bowe – Chairman

Ruth Bowe

Judith Chapman

Lucy James

Stephen Line

Kathryn Manning

Background Notes for the year ended 30 November 2023

The Dementia Sings Out charity:

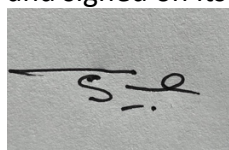
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- has no assets other than its bank account.

Dementia Sings Out
a Charitable Incorporated Organisation

Receipts and Payments Account
For the year ended 30 November 2023

	2023	2022
	£	£
Receipts		
Donations	10,824	18,333
The National Lottery CF	8,723	0
Total Receipts	19,547	18,333
Payments		
Music director fees	6,900	6,450
Room hire	7,280	1,720
Refreshments	1,270	427
Website costs	1,056	1,051
Other consumables	181	386
Marketing and printing	116	695
Training costs	94	192
Insurance	218	425
Miscellaneous	35	12
Total Payments	17,150	11,358
Excess receipts over payments	2,397	6,975
Balance at bank 1 December 2022	31,109	24,134
Balance at bank 30 November 2023	33,506	31,109

The Receipts and Payments Account of the Dementia Sings Out charity for the year ended 30 November 2023 as set out above, was approved by the Board of Trustees on 31 May 2024 and signed on its behalf by:



S P Line: Trustee

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Accounts

DSO TRUSTEES' ANNUAL REPORT

December 2021 to November 2022

I. INTRODUCTION

This Annual Report is produced following a significant existential challenge to the charity brought about by eviction from our original venue. This was compounded by the lingering debilitating effects of Covid regulations within the care sector which were reported in our 2021 Report. We are proud to report that we have weathered these and our charitable objectives have continued to be fulfilled thanks to the resilience and determination of trustees, volunteers and supporters.

II. OVERVIEW of ACTIVITIES

DSO's weekly provision of free, singing sessions for those both living with dementia and their carers, has thrived in the hybrid manner which we pioneered during the height of lockdown regulations. The success of this approach has rested upon a number of key factors not the least of which has been the sheer determination of trustees not to be defeated by what could very easily have been terminal logistical difficulties.

The initiative of nurturing care home collaboration has been extended through further visits to cement relationships with individual homes. Despite the flexibility created by Zoom facility, the objective has been to encourage as many homes as possible to return to face-to-face contact and the benefits which this affords in terms of social interaction for both residents and carers.

We have instigated regular feedback opportunities with the express aim of providing what carers and those living with dementia are seeking rather than simply what we, as trustees, believe should happen. Every care home is different and every person living independently with dementia faces differing circumstances. This has been the case in something as simple as the logistics of getting to and from the weekly sessions. We have been able to offer transport support which has been gratefully received.

Beyond this ongoing Covid-related climate, DSO's greatest challenge has been that of facing eviction from our base at the Champions Centre in Wellingborough with only two months' notice. This report is written at a time when we are facing a review of the first three months at our current venue at the Compass Church also in Wellingborough, but we are optimistic that we will be secure for the foreseeable future. The uncertainty was unsettling but our new home has been well-received from all of our users because of its facilities; it has a flexible space and the technology we require as well as access for wheelchair users and ease of parking for minibuses. We have nurtured a good relationship with the curators and are optimistic for the future. The significant 'fly in the ointment' is that our weekly costs have undergone a four-fold increase which has placed an unprecedented pressure upon our funds and our financial planning.

Our weekly singing sessions continue to be led by the inspirational choirmaster Gareth Fuller. Whilst he has cultivated an even broader repertoire of songs which have been well-received, we have incorporated a far wider choreographical approach and have built further upon the use of percussion instruments.

In the final weeks of 2022 we began to see the return of care homes on a wider in-person basis as well as seeing the benefit of our more extensive poster and publicity campaign. Numerically we have seen an increase to a regular number of at least 60+ attendees with often 20-30 of these on-line. There has been a marked increase in family members attending alongside those living with dementia. Intriguingly we have seen a number of relatives of care home residents joining them in person for this one hour each week.

Last year, perhaps as a Covid-related phenomenon we began to notice attendees who were not readily identifiable as living with dementia indeed they were either lonely or perhaps have not yet received a diagnosis of dementia. We continue to pride ourselves in the fact that all are treated equally respectfully. From DSO's inception we sought to be proactive in promoting dementia awareness and we have continued our programme of ambassadorial work and training for our volunteers.

Trustees have consistently promoted the concept which underpins DSO's work which is the power of music to enhance the living experience of those living with dementia. We have ceaselessly undertaken presentations and talks in venues across Northamptonshire to promote DSO's work but also that of an understanding of dementia in general. In this vein we have continued to develop links with local schools; the inter-generational mutual benefits of collaboration between our clients and young schoolchildren has been one of the most rewarding aspects of our work.

III. SPECIFIC ACTIVITIES

- I. Weekly in-person singing and rhythm sessions
- II. Zoom facility to enable remote access to weekly sessions.
- III. Promotion of a broader awareness of dementia
- IV. Safeguarding training for all trustees and volunteers.
- V. IT Teaching support for private individuals and care homes
- VI. Monitoring of success of DSO activities/provision via website analytics
- VII. Promotion of DSO activities through increased media publicity campaigns
- VIII. Publicity given to promoting the broader benefits of singing for others not necessarily living with dementia.
- IX. Care home relationships
- X. Increasing the numbers of volunteers and in particular providing volunteers to assist with overstretched care homes both in terms of transporting residents and then supporting overstretched personnel actually within the singing sessions.
- XI. Extending DSO's fundraising activities and promotions via an increase in social media activity and personal attendance at local community groups.

IV. FUTURE PLANNING

The DSO trustees have conducted reviews of our strategic longer-term aims and objectives. We are now more aware of the charity's future development path and the challenges, potential and real, financial and logistic, which could undermine the well-documented successes. The pressures upon trustees in running a charity in the present economic climate, compounded by time-consuming bureaucratic challenges, have been acknowledged widely. We will continue to thrive because of the impressive team which we have been able to put together and which continues to grow.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Dementia Sings Out	No (if any) 1186115
------------------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01/12/2021	To	Period end date 30/11/2022
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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					
Voluntary Donations	18,333	-	-	18,333	11,772
National Lottery Grant	-	-	-	-	9,727
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	18,333	-	-	18,333	21,499
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,333	-	-	18,333	21,499
A3 Payments					
Choir Director fees	6,450	-	-	6,450	7,050
Room Hire	1,720	-	-	1,720	320
Refreshments	427	-	-	427	95
Website Costs	1,051	-	-	1,051	1,229
Equipment	386	-	-	386	817
Marketing & Printing	695	-	-	695	-
Gifts	192	-	-	192	92
Public Liability Insurance	425	-	-	425	-
Banking Corrections	12	-	-	12	-
Sub total	11,358	-	-	11,358	9,603
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,358	-	-	11,358	9,603
Net of receipts/(payments)	6,975	-	-	6,975	11,896
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	6,975	-	-	6,975	11,896

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	Current a/c	31,109	-	-
		-	-	-
		-	-	-
	Total cash funds	31,109	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Gift Aid to be claimed	1,250	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

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

Signature	Print Name	Date of approval

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Accounts

DSO TRUSTEES' ANNUAL REPORT 2022

I. Intro

Covid regulations and restricted working practices in the Care sector since March 2020 continue to challenge our Charity yet we are proud to say that DSO has continued to thrive. This Annual Report is produced at a juncture when we, have endured the logistical challenge of restricted Care Homes' participation. We are eternally grateful for the resilience and continued commitment of our supporters and benefactors. Our charitable objectives remain unchanged though we have had to adopt a more flexible and imaginative approach in all of our activities simply to ensure that the charity thrives.

II. Overview of Activities

Whilst continuing our online sessions we also returned to in-person Thursday morning singing sessions in the summer of 2021. We decided to commit to a hybrid provision despite the inevitable technology challenges and have been forced to invest in improved equipment to make the experience more rewarding. We also took the decision to build upon our ongoing dialogue with Care Homes by conducting Trustee visits to promote our activities, and by providing material for song lyrics and offering IT advice. We have found, however, that there are wide variations in the approach of Care Homes. Some are far more receptive than others to our support because a Thursday morning singing session demands manpower resources which are stretched in the current climate. It has been a highlight when on a precious few occasions Care Homes have been able to attend in person. Every Care Home is different in its resourcing and staffing and this is why the Trustees have made determined attempts to build our personal relationships across Northamptonshire with those involved. One benefit of our online facility is that we now have Care Homes in neighbouring counties attending on Thursdays as well as family members across the UK being able to connect with their loved ones who are attending in person.

We were able to secure our base at the Champions Centre in Wellingborough when there was a threat of having to seek an alternative weekly venue. The actual singing sessions, run by our inspirational choirmaster Gareth Fuller, have developed in terms of a broader repertoire of songs and, very successfully, we now incorporate choreography and the use of percussion instruments.

In numerical terms these weekly sessions now attract in the region of 40-50 attendees with often 20-30 of these online. Our client base also includes a number of people who attend with individual carers, relatives or friends and some perhaps have not yet received a diagnosis of dementia; all are treated equally respectfully. The trustees have also taken the decision to provide refresher dementia awareness training for our growing band of supporters.

The Trustees have embarked upon a renewed marketing and publicity campaign to raise the charity's profile. This tireless programme has focused upon presentations to a variety of local community groups. Logistically we are confident that we can also now build upon our contacts with local schools in particular to develop the mutual benefits of collaboration between our clients and young schoolchildren.

As well as regularly considering our Trustee responsibilities we have discussed the feasibility of recruiting further trustees to improve our understanding of the Care Sector. We have been greatly helped in this area by the practical support of a number of professional care workers. At the time of reporting we are progressing through a process to interview possible trustees to strengthen further the breadth of our Board of Trustees.

We continue to value the feedback which we receive from Care Homes, family members and carers, examples of which are readily available on our social media platforms. In our first report we referenced attendees who were otherwise isolated during lockdown and who have continued to benefit from our singing sessions as a means of social interaction which otherwise would have been denied them. One benefit of this has been that young children and those recovering from strokes have provided added ingredients which have made for an increasingly eclectic mix in our participants. The charity's focus will continue to be upon the obvious benefits of singing for all those living with dementia but this broader element has, in our view, provided an opportunity to broaden the experiences and social interaction. The trustees' considered collective opinion is that anything which enhances the awareness of dementia in the community is to be worthwhile.

III. Specific Activities

- Promotion of an awareness of dementia
- Weekly Zoom and in-person singing sessions
- Safeguarding training for all trustees
- Delivery of song booklets to Care Homes
- IT teaching support for private individuals and Care Homes
- Monitoring of success of DSO activities/provision via website analytics
- Promotion of DSO activities through increased media publicity campaigns
- Publicity given to promoting the broader benefits of singing

IV. Future Planning

The DSO Trustees have reached the point in the Charity's development where, given the demands faced by running a hybrid provision, we are ready to reassess our strategic longer-term aims and objectives. A specific longer term strategy meeting is planned for the autumn for this express purpose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Dementia Sings Out

No (if any)
1186115

Receipts and payments accounts

CC16a

For the period from	Period start date 01/12/2020	To	Period end date 30/11/2021
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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					
National Lottery Grant	-	9,727	-	9,727	-
Voluntary Donations	11,772	-	-	11,772	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	11,772	9,727	-	21,499	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,772	9,727	-	21,499	-
A3 Payments					
Choir Director Fees	-	7,050	-	7,050	-
Use Of Venue	-	320	-	320	-
Refreshments	-	95	-	95	-
Equipment	-	817	-	817	-
Stationery & Printing	-	-	-	-	-
Website Hosting	149	-	-	149	-
Website Support	1,080	-	-	1,080	-
Gifts	92	-	-	92	-
Misc	-	-	-	-	-
Sub total	1,321	8,282	-	9,603	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,321	8,282	-	9,603	-
Net of receipts/(payments)	10,451	1,445	-	11,896	-
A5 Transfers between funds	2,088	- 2,088	-	-	-
A6 Cash funds last year end	11,595	643	-	12,238	-
Cash funds this year end	24,134	-	-	24,134	-

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	Current a/c	24,134	-	-
	Petty Cash	18	-	-
		-	-	-
	Total cash funds	24,152	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Gift Aid to be claimed	1,250	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

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

Signature	Print Name	Date of approval

DEMENTIA SINGS OUT

England & Wales - Charity number 1186115

Accounts

DSO INAUGURAL TRUSTEES REPORT

I. INTRO

Our annual report for 2019-2020 covers a period which was almost utterly dominated by a world of Covid-19 and the UK lockdowns. Because the charity was originally centred around free weekly gatherings of singing and social interaction, the very essence, in so many ways, of our modus operandi changed completely from our last session which was held on March 5th 2020. However, we are immensely proud that against all of the odds the charity not only survived but has continued to thrive. The objectives as a charitable foundation did not alter rather necessity forced the trustees to adapt in a different context. The trustees' previous patterns of thinking were challenged and we responded to a new environment by providing, as have so many other organisations, an on-line provision.

II. OVERVIEW of ACTIVITIES

The 12-month period covered by this report (November 2019- November 2020) began with the nascent charity being only 3 months old. We were in the throes of establishing our client base, our financial & donation base, our volunteer structure base and our publicity & marketing structure. The application for & the acceptance of, our National Lottery bid was a tremendous boost for all concerned. We struck up excellent relationships with local care homes across Northamptonshire as well as with individual carers & family members of many of those living with dementia. We were unbelievably fortunate to secure the services of local choirmaster Gareth Fuller and his distinctive approach provided DSO with its unique attraction. Throughout the original pre-Lockdown period there were regularly 80 attendees on a weekly basis. 25 supporters received formal Dementia Friends training and all trustees underwent Safeguard Training for working with vulnerable adults. Close relationships and collaboration with local school, church & community groups as well as interviews with & visits from Radio Northampton, BBC & Anglia TV, reinforced the growing DSO profile across the East Midlands. Indeed publicity extended our contacts to others involved in dementia care & research beyond our local area.

As well as not being able to meet face-to-face from March 2020 the trustees faced the highly restrictive and well-documented Care Home regulations. Undaunted we worked around these unprecedented circumstances by maintaining regular contact with Care Homes providing moral and practical support including physically delivering updated song booklets by DSO volunteers and providing telephone support to individuals. Beyond that we extended our publicity to try to capture private individuals and their carers living in domestic situations, often in isolation. The trustees committed to

increasing the charity's support to private individuals who are living alone, carers and family members and we provided much-needed IT support as well. Trustees have met frequently on-line to agree adapted approaches and have consulted with each of the Care Homes with whom we have relationships.

Covid-19 and the resultant lockdowns have highlighted the pressures under which both Care Homes and private individuals whom we seek to support, exist. We feel comfortable in having done everything in our powers to maintain our weekly sessions at the same time as contending with the debilitating impact of Lockdown restrictions. These were most acute, as media outlets have publicized, within many Care home settings where there were no communal gatherings allowed and residents were confined to their own rooms with no opportunity to take advantage of DSO weekly singing sessions. The trustees and Gareth Fuller provided, via the DSO website, recorded sessions which could be accessed at any time. Post March 2020 an unforeseen benefit of Zoom sessions is that numerous family members have been able to see their loved ones responding to the singing in a way which had not been possible pre-Lockdown unless they physically accompanied them on a Thursday morning. Equally the visual of a Zoom screen on a Thursday morning was literally the only contact enjoyed by some family members; these instances alone confirmed the value of continuing our efforts.

The therapy provided by singing has been blatantly obvious in the feedback received from individuals and family members since DSO's inception. However, another aspect of our activity which has taken the trustees by surprise is the attendance of an increasing number of individuals who have quite simply been isolated over the lockdown period and who have been missing social interaction. Even though our focus continues to be on the benefits of singing for those living with dementia we have been forced to review our provision and even though our emphasis will always be upon those living with dementia and their carers. the trustees have decided to turn no one away because of the obvious benefits of singing for all.

III. SPECIFIC ACTIVITIES

- I. Setting up of weekly Zoom singing sessions
- II. Safeguarding training for all trustees
- III. On-line recorded sessions
- IV. Delivery of song booklets to Care Homes
- V. IT Teaching support for private individuals
- VI. Monitoring of success of DSO activities/provision via website analytics
- VII. Promotion of DSO activities through increased media publicity campaigns

VIII. FUTURE PLANNING

DSO, as with all charities, has been both stretched and challenged further since March 2020; as Trustees we continue to believe that, even in unprecedented times which fundamentally challenge the very basis upon which we were founded, there is a demand for singing activities and general support even if that is not face-to-face as it was pre-Lockdown. We are obviously aware that those living with dementia require support with technology and we are building upon our provision in this respect. The trustees' approach will continue to be in collaboration with the community, developing relationships with individuals and organisations and promoting the wider benefits of singing. Our next Annual Report will detail the way in which we have been able to work in the uncertain times ahead post-pandemic.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Dementia Sings Out

No (if any)
1186115

Receipts and payments accounts

For the period from	Period start date 6/3/2019	To	Period end date 11/30/2020
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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 £
A1 Receipts				
The National Lottery Grant	-	9,420	-	9,420
Voluntary Donations	17,958	-	-	17,958
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	17,958	9,420	-	27,378
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	17,958	9,420	-	27,378
A3 Payments				
Choir Director Fees	2,650	6,900	-	9,550
Use of Venue	-	1,360	-	1,360
Refreshments	93	381	-	474
Liability Insurance	94	200	-	294
Advertising	883	-	-	883
Stationery & Printing	91	-	-	91
Website Hosting Fee	241	-	-	241
Website Design	346	-	-	346
Website Support	960	-	-	960
Carers' Choir project	696	-	-	696
Taxi fares for attendees	120	-	-	120
Governance Costs - DBS checks	108	-	-	108
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	6,282	8,841	-	15,123
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,282	8,841	-	15,123
Net of receipts/(payments)	11,676	579	-	12,255
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	11,676	579	-	12,255

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Current Bank Account	11,658	579
	Petty Cash	18	-
		-	-
	Total cash funds	11,676	579
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Gift Aid to be claimed	407	-
		-	-
		-	-
		-	-
		-	-
		-	-

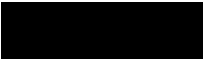
Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

**Independent Examiner's Report to the Trustees of
Dementia Sings Out**

I report on the accounts for the period 3rd June 2019 to 30th November 2020, which are shown in the document reference CCI 6a

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept as required by section 130 of the act; or
2. That the accounts do not accord with those records; or
3. That the accounts do not comply with the accounting requirements of the Act; or
4. That there is further information needed for a proper understanding of the Accounts

Independent examiners statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with the following the Directions of the Charity Commission I have found no matters that require drawing to your attention



Ben Matthews
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Thistle-down Barn
Holcot Lane
Sywell
Northamptonshire
NN6 0BG

6th August 2021