

Trustees' Annual Report

KILBURN STATE OF MIND

Charity registration number: 1187381

April 1st 2021 to April 1st 2022

Objectives

Kilburn State of Mind (KSOM) aims to make a difference and improve the lives of people in Kilburn and the surrounding area. Through its work using music and ICT it endeavours to challenge the problems of hardship, inequality and isolation.

By providing their services free of charge to the local community they focus on offering learning opportunities and support with I.T, computing and music for people who otherwise may not have the opportunity to learn and to access these opportunities.

Activities

KSOM are embedded in the diverse community of Kilburn and provide a wide range of experiences and valuable resources for many local people. Those who benefit include residents, aspiring musicians, older and isolated people. They offer a programme which includes free music tuition , mentoring and use of the music and IT studio facilities, instruments and equipment . They also offer ongoing ICT support and training especially for elderly or housebound residents including 'understanding I pads and I phones' workshop sessions.

Volunteers

Their volunteer team includes a wide variety of local musicians with many different skills and talents. They also have a number of ICT specialists who have been able to make invaluable contributions.

The individuals who have volunteered for KSOM have also benefited greatly by their involvement in terms of their own confidence, sense of worth, employment opportunities and improvement in mental health.

We had a wide team of volunteers for our park event and in particular students from the Institute of Contemporary Music Performance (ICMP) were very involved, which also gave them valuable work experience.

We continue to offer donated computers ,IT equipment to people needing them in the community, alongside advice and support on their use.

Achievements and Performance over past year

Following the lifting of COVID 19 restrictions KSOM reopened the premises in Watling Gardens in mid April .

KSOM continued their vital role in supporting elderly and vulnerable residents in basic skills for communications and internet usage .

One to one tuition for residents and community members became increasingly face to face which was more effective and their sessions were always tailored to the individuals' particular needs.

The mentoring scheme, where residents could get in contact with any technical problems that they were facing at any time has been very popular and useful and continues to help with breaking down isolation and anxiety and improves their mental health and self confidence.

The music teaching programme was also gradually re established and a programme of tuition with a range of different instruments built up.

In June 2021 we were funded by Brent 2020 Culture Fund to run a community music festival INTO THE PARK in nearby Queens Park. Because of COVID restrictions there had been virtually no community events planned for that summer and so this was a significant and extremely enjoyable event. The local community were delighted to be able to listen to an afternoon of excellent live music from local musicians and who reflected the rich diversity of the area. They benefited by being able to relax, meet up with friends, feel part of a bigger community and many commented on how much it had lifted their spirits after such a difficult and isolating time. The festival also included local craftspeople and community artists with family activities and was considered a huge success by all who attended and by other agencies.

We continued to strengthen our partnership working with the Institute of Contemporary Music Performance in Kilburn and in particular their community liaison officer has supported our work in many ways.

KSOM has thrived and grown steadily in spite of COVID restrictions during the year. It has been able to reflect on its history so far and has made plans to develop and gradually expand , to reach new users and in greater numbers. It is continuing to explore new directions whilst building on the achievements of the past years. There are ongoing plans to apply for local funding streams for both existing and new work- especially as restrictions are now lifted and a fuller programme can be planned.

KSOM is known in the local area and beyond for its unique offer , its connection with the local diverse community and its inspired and talented musicians who acknowledge the usefulness of music for mental wellbeing and who make an active contribution. Both its ongoing programme and its music events have enriched a large number of peoples lives and have engaged and brought people together to share enjoyable and stimulating experiences

KSOM has outgrown its existing premises and is now actively looking for a new larger space nearby and aims to move in the next 6 months.

Financial Review

Review of the charity's financial position at the end of the period

Total Income was £15150

Total Expenditure £14950

Amount of reserves held £290

Income 21/22 was from Lottery funding and the Brent Edward Harvist Fund

The trustees consider the work of KSOM is highly suitable for funding but time and resources to submit applications continue to be a challenge. However there are a couple of funding opportunities later in 2022 and it is hoped these will sustain future work and expansion

Structure, Governance and Management

KSOM is a CIO



We continue to be on the lookout for new trustees and we have highlighted particular areas of expertise we think would be useful. We anticipate we will have at least one from the ICMP next year.

Charity name	KILBURN STATE OF MIND
Other name the charity uses	
Registered charity number	1187381
Charity's principal address	LONDON NW23UB

Names of the charity trustees who manage the charity

Trustee Name	Office
RAYMOND WELLS	CHAIR
ALAN MEDLEY	VICECHAIR
ANNA FERRIE	TREASURER
CATHRYN GLEESON	SECRETARY

Signature(s)

	
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Full name(s)

RAYMOND WELLS	ANNA FERRIE
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CHAIR	TREASURER
22/01/2023	