

# SUSTAINING HARMONY

England & Wales · Charity number 1190783

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2020-08-10

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

## Contact

---

**Address** 9 Beeton Close  
Pinner  
HA5 4NZ

**Phone** 02081910533

**Email** [contact@sustainingharmony.org](mailto:contact@sustainingharmony.org)

**Website** [www.sustainingharmony.org](http://www.sustainingharmony.org)

## Activities

---

**Objects:** FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF ILL MENTAL HEALTH AND THEIR CARERS , IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING THE OPPORTUNITY TO TAKE PART AND PERFORM IN A CHOIR WITH OTHERS AFFECTED BY MENTAL HEALTH ISSUES AND SUPPORT GROUPS TO HELP ALLEVIATE THE MENTAL HEALTH ISSUES THEY FACE.

**Activities:** The relief of those in need by reason of ill mental health and their carers , in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£8,920	£5,231	-	-
2024-06-30	£2,668	£4,516	-	-
2023-06-30	£5,098	£3,100	-	-
2022-06-30	£1,185	£2,964	-	-
2021-06-30	£4,424	£160	-	-

## Trustees

Name	Role	Appointed
Cllr Jean Lamiman		2020-08-10
Cressida Leonora Lindsay		2020-08-10
Nicholas Brecker CA		2020-08-10
Peter Charles Bell		2020-10-28
Simon Noel Ovens		2020-08-10

**SUSTAINING HARMONY**

England & Wales - Charity number 1190783

---

# Accounts

---



# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	07	2024	<b>To</b>	30	06	2025

## Section A Reference and administration details

Charity name

SUSTAINING HARMONY

Other names charity is known by

Registered charity number (if any)

1190783

Charity's principal address

9 Beeton Close  
Pinner  
  
Postcode HA5 4NZ

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Charles Bell	Trustee		
2	Nicholas Brecker	Treasurer		
3	Cllr Jean Lammiman	Trustee		
4	Cressida Leonora Lindsay	Trustee		
5	Simon Noel Ovens	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

David Phelops, Creative Director (voluntary)

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Governed under regulations for CIO Foundations
How the charity is constituted (eg. trust, association, company)	The charity is a Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	The trustees can appoint additional persons to serve as trustees of the charity.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity's working relationships with Rethink Mental Illness, Harrow Council, Harrow Interfaith, Voluntary Action Harrow and at Parklife, a community café in Harrow Weald, have been maintained and nurtured.

Major risks: the charity is heavily dependent on the work of its volunteers. In particular, the Creative Director and the Assistant Musical Director.

Major risks: significant financial support from Rethink Mental Illness towards the expense of hall hire (and transport to external events) was received during the period but a source of long-term funding needs to be found to ensure that this important activity can continue.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The object of Sustaining Harmony is the relief of those in need by reason of ill mental health and their carers ,in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups to help alleviate the mental health issues they face .

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The continuing focus of the charity is the provision of opportunities for beneficiaries to meet and sing together to alleviate symptoms of mental ill-health and social isolation. The community choir is supported by weekly in-person meetings and also opportunities to meet and share time together online three times a week over Zoom.

The weekly in-person singing sessions in the rehearsal space at Victoria Hall, Harrow are now well established. In the reporting year, there were a total of 58 in-person rehearsals and external events, attended by between 11 and 31 beneficiaries. The charity reached a total of 91 different beneficiaries. Average attendance at in-person events was 21 beneficiaries.

The charity has continued the online singing sessions, using Zoom technology, and these continue to be a valuable resource to the beneficiaries. A total of 123 Zoom sessions were held on Mondays, Wednesdays and Saturdays with attendance of between 3 and 13 beneficiaries. Average attendance at online sessions was 7 beneficiaries. Performances at external events and visits by coach or taxi to events outside Harrow have continued as has the support provided through a moderated WhatsApp group.

The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The trustees would like to thank all the volunteers who have contributed to the work of the charity during this period.

It is these volunteers who have made the activities of the charity possible and who have generously donated their time and expertise to help further the aims of the charity.

The trustees would particularly like to thank:

David Phelops – Voluntary Creative and Music Director

David co-ordinates and runs the choir sessions, both online and in-person; chooses and arranges the music; networks with external organisations and sources and supports external music professionals to attend, teach, or run workshops for the beneficiaries.

David is assisted by Janet Bell, the voluntary Assistant Musical Director, who co-hosts with and/or deputises for David.

Peter Williams, Philip Hawkins, Paul Whitlock, Brenda McAlister and Karen Hanson, all beneficiaries, who have assisted with setting up and clearing down at rehearsals and external events.

Peter Williams for assistance with transport and Paul Whitlock as our poet in residence.

Nami Shah, an opera singer recruited at one of the events at Parklife Café, for teaching sessions on the rudiments of operatic singing.

Jessie Atack, a beneficiary, who assists the board of trustees by attending and minuting the formal meetings of the board of trustees and also oversees the stocking and serving of refreshments at rehearsals.

**Summary of the main achievements of the charity during the year**

The stable base at the Victoria Hall in Harrow has been beneficial and the records of attendance at the weekly rehearsals (47) and external performances (11) during the year show a steady improvement. Average attendance at the weekly rehearsals has been maintained at 21 and the number of beneficiaries reached by the charity has increased to 91. A total of 58 in-person events were held during the year and attendance varied between 15 and 31 beneficiaries (2023-24: 9 – 34). The sense of community and mutual support which has been an integral part of the choir continues to develop and mature.

External events were appreciated by the beneficiaries, with performances at venues both within and without Harrow.

In March 2025 a coach with 20 beneficiaries joined many other singers at Beaconsfield Festival of Choirs in a musical experience which has been an annual event for the charity. However, the Festival will not take place in 2026 but is expected to return again in 2027. The majority of the transport cost for attending this event was provided by a local charity Harrow Care Plus.

In June 2025 the choir made a visit to the Guildhall School of Music for a workshop session with 2<sup>nd</sup> year students of Music Therapy, facilitated by one of the trustees, Cressida Lindsay, who is Lecturer in Music Therapy at the Guildhall. The transport costs for attending this event were provided by the national charity Rethink Mental Illness.

The weekly Zoom sessions were continued throughout the period with 123 sessions reaching 50 beneficiaries. Attendance varied between 3 and 13 beneficiaries with an average attendance of 7 at a session. Over 2,110 songs were shared during the period.

The charity was successful in a grant application for a project called “Stories of Harrow”, celebrating the 60<sup>th</sup> anniversary of the formation of the London Borough of Harrow and the ethnic, religious and linguistic diversity of the borough, and was awarded £10,000 from the National Lottery Heritage fund administered and curated by local charities Harrow Giving and Headstone Manor Museum.

The aim is to produce a mixed media archive of recorded interviews, transcripts and a short video documenting beneficiaries experience of the effect of music on their mental health during their lives.

Work on the project commenced in January 2025 and is due to complete in July 2026. January to June 2025 was a period of research and development, consisting of networking opportunities with 15 other organisations in Harrow who also qualified for grant support. Workshops were provided by the grant funders to equip the participating organisations with skills to recognise the importance of heritage, collecting oral histories, social media and photography skills.

The active support group on WhatsApp continued and is used by a community of 39 beneficiaries. This moderated space is provided to ensure that all messages contribute positively to the wellbeing of the participants and was maintained throughout the period as a safe space. There is also a WhatsApp information group and this is subscribed to by 79 beneficiaries.

On Christmas day 2024 two online Zoom sessions were offered during the day for beneficiaries providing a total of 6 hours of support on that day.

The Creative Director met twice with choir leaders from other choirs to provide mutual support and discuss and share development opportunities. The Creative Director also met on 16 occasions during the period with members of Spiral Arts group to discuss and participate in personal development activities including dance, poetry and music sessions.

Since the end of the reporting period the Creative Director became a Director of Spiral Arts, a CIC based in Ealing.

The trustees will continue to keep the strategic aims of the charity under review to ensure that the activities of the charity continue to support the charitable objectives.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

It is the trustees policy to maintain sufficient reserves to cover 3 months overheads expenditure .

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During this period under review, the largest item of expenditure, weekly hire fees for the rehearsal space and storage at Victoria Hall which was on average £350 per month, with 70% of this cost met directly by our partner charity, Rethink Mental Illness, and the balance paid from general funds of the charity.

The trustees consider that in-person rehearsals are a very important aspect of the work of the Charity and that this expenditure is both reasonable and proportionate and directly supports the key objectives of the Charity.

The trustees would like to thank Rethink Mental Illness and Harrow Care Plus for their contributions to the costs of transport to external events and the weekly hire fees for Victoria Hall.

Other income in this period was a grant from the National Lottery for the Stories of Harrow project, which commenced part-way through the period under review and is expected to finish at the end of the next review period.

The charity also receives public donations, either direct to the charity, or via the charity's page on its Just Giving website.

The income for the year to 30 June 2025 including restricted funds of £5,000 was £8,920. In the same period total payments, came to £5,231 , creating a cashflow surplus for the year of £3,689.

Cash at bank and in-hand carried forward at the end of the period was £6,324.

## Section F

## Other optional information

The charity continues to be supported operationally by its partner organisation, Rethink Mental Illness, who provided expertise including risk assessments and DBS checks.

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	N Brecker	
<b>Full name(s)</b>	Nicholas Brecker	
<b>Position (eg Secretary, Chair, etc)</b>	Treasurer	
<b>Date</b>	22/4/2026	

Section A Receipts and payments

A1 Receipts

Donations

Interest

Sub total(Gross income for AR)

A2 Asset and investment sales, (see table).

None

Sub total

Total receipts

A3 Payments

Costs of charitable activities

Sub total

A4 Asset and investment purchases, (see table)

Computer equipment

Sub total

Total payments

Net of receipts/(payments)

A5 Transfers between funds

A6 Cash funds last year end

Cash funds this year end

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

B1 Cash funds

B2 Other monetary assets

B3 Investment assets

B4 Assets retained for the charity's own use


B5 Liabilities


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

SUSTAINING HARMONY

Receipts and payments accounts  
For the period from

01/07/24

Unrestricted funds  
to the nearest 

Restricted funds  
to the nearest 

	3912		5000
	8	-	
-		-	
-		-	
-		-	
-		-	
-		-	
	3920		5000
-		-	
-		-	
-		-	
	3920		5000
	5231	-	
-		-	
-		-	
-		-	
-		-	
-		-	
-		-	
	5231	-	
-		-	
-		-	
-		-	
	5231	-	
	-1311		5000
-		-	
	2635	-	
	1324		5000

Details

Bank account balance

Total cash funds  
(agree balances with receipts and payments account(s))

Details

Details

Details  
Computer equipment

Details

Signature  
N Brecker

1190783

CC16a

To

30/06/2025

Endowment funds  
to the nearest

Total funds  
to the nearest

Last year  
to the nearest

-	8912	2661
-	8	7
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	8920	2668
-	-	-
-	-	-
-	8920	2668
-	5231	4516
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	5231	4516
-	-	-
-	-	-
-	5231	4516
-	3689	-1848
-	-	-
-	2635	4483
-	6324	2635

Unrestricted funds to nearest		Restricted funds to nearest		Endowment funds to nearest
-	1324	-	5000	-
-		-		-
	1324		5000	-
OK		OK		OK
Unrestricted funds to nearest		Restricted funds to nearest		Endowment funds to nearest
-		-		-
-		-		-
-		-		-
-		-		-
-		-		-
Fund to which asset belongs		Cost (optional)		Current value (optional)
		-		-
		-		-
		-		-
		-		-
		-		-
Fund to which asset belongs		Cost (optional)		Current value (optional)
			1751	-
		-		-
		-		-
		-		-
		-		-
		-		-
		-		-
Fund to which liability relates		Amount due (optional)		When due (optional)
		-		
		-		
		-		
		-		
		-		
Print Name				Date of approval
Nicholas Brecker				22/04/2026

**SUSTAINING HARMONY**

England & Wales - Charity number 1190783

---

# Accounts

---



# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	01	07	2023	<b>To</b>	30	06	2024

## Section A Reference and administration details

Charity name

SUSTAINING HARMONY

Other names charity is known by

Registered charity number (if any)

1190783

Charity's principal address

9 Beeton Close  
Pinner  
  
Postcode HA5 4NZ

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Charles Bell	Trustee		
2	Nicholas Brecker	Treasurer		
3	Cllr Jean Lammiman	Trustee		
4	Cressida Leonora Lindsay	Trustee		
5	Simon Noel Ovens	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

David Phelops, Creative Director (voluntary)

**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Governed under regulations for CIO Foundations
How the charity is constituted (eg. trust, association, company)	The charity is a Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	The trustees can appoint additional persons to serve as trustees of the charity.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity’s organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees’ consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>The charity has developed and maintained good working relationships with Rethink Mental Illness, Harrow Council, Harrow Interfaith, Voluntary Action Harrow and at Parklife, a community café in Harrow Weald.</p> <p>Major risks: the charity is heavily dependent on the work of its volunteers. In particular, the Creative Director and the Assistant Musical Director, both of whom have experienced health challenges during the reporting period.</p> <p>Major risks: the charity’s increased focus on fundraising has started to pay off (particularly in the period following that covered by this report) but further work is needed to increase the visibility of the charity to potential donors and grant makers. In the following period (24/25) the charity has received an offer of financial support from Rethink Mental Illness towards the expense of hall hire (and other costs) but will still need to find a source of long-term funding for this particular expense.</p>
--	--

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The object of Sustaining Harmony is the relief of those in need by reason of ill mental health and their carers ,in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups to help alleviate the mental health issues they face .

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The Charity has now settled in its new rehearsal space at Victoria Hall, Harrow and has begun to rebuild attendance at the weekly rehearsals. In the reporting year, there were a total of 50 in-person rehearsals and external events, attended by between 9 and 34 beneficiaries. The charity reached a total of 84 different beneficiaries. Average attendance was similar to the previous period at 21 beneficiaries on average at each session.

The charity has continued the online sessions, using Zoom technology, and these continue to be a valuable resource to the beneficiaries. A total of 135 Zoom sessions were held on Mondays, Wednesdays and Saturdays with attendance of between 4 and 14 beneficiaries. Average attendance at online sessions was 8 beneficiaries (similar to the previous reporting period).

The Tai-chi sessions held immediately prior to a choir sessions remained popular, however the volunteer who led these sessions decided that, at the age of 85, it was perhaps time to take things a little easier and the weekly Tai-chi sessions finished in November 2023.

Performances at external events and visits by coach or taxi to events outside Harrow have continued as has the support provided through a moderated WhatsApp group .

The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The trustees would like to thank all the volunteers who have contributed to the work of the charity during this period. It is these volunteers who have made the activities of the charity possible and who have generously donated their time and expertise to help further the aims of the charity.

The trustees would particularly like to thank:

David Phelops – Voluntary Creative and Music Director

David co-ordinates and runs the choir sessions, both online and in-person; chooses and arranges the music; networks with external organisations and sources and supports external music professionals to attend, teach, or run workshops for the beneficiaries.

David is assisted by Janet Bell, the voluntary Assistant Musical Director, who co-hosts with and/or deputises for David.

Peter Williams, Philip Hawkins, Paul Whitlock and Karen Hanson, all beneficiaries, who have assisted with setting up and clearing down at rehearsals and external events.

Peter Williams for assistance with transport and Paul Whitlock as our poet in residence.

Christiane Kobus, a beneficiary, who has facilitated the weekly, online, Tai-chi sessions (until November 2023).

Jessie Atack, a beneficiary, who assists the board of trustees by attending and minuting the formal meetings of the board of trustees and also oversees the stocking and serving of refreshments at rehearsals.

**Summary of the main achievements of the charity during the year**

The charity has worked hard in the period under review to rebuild the number of beneficiaries that the charity reaches and the records of attendance at the weekly rehearsals and external performances during the year show that this work has paid off.

Finding a stable home at the Victoria Hall in Harrow has seen rehearsal numbers recover with an average attendance of 21 beneficiaries and a total of 84 different beneficiaries reached by the charity. 50 in-person events were held during the year (a similar number to the previous period (2022 – 23: 52)) and attendance varied between 9 and 34 beneficiaries (2022-23: 15 – 30). The sense of community and mutual support which was a feature remarked upon prior to Covid appears to be returning. External events were appreciated by the beneficiaries, with performances at venues both within and without Harrow.

The charity entered in to a collaboration with Parklife Community Café in Harrow Weald and 34 beneficiaries attended a party at this venue in August 2023. One outcome was that the charity was introduced to a professional opera singer, who has subsequently offered (starting in February 2025) to lead some opera tuition sessions for the beneficiaries on a voluntary basis.

The choir again performed at a commemorative event at Harrow Arts Centre on Holocaust Memorial Day where on 25 January 2024 23 beneficiaries took part in the joint event organised by Harrow Council and Harrow Interfaith.

In March 2024 a coach with 23 beneficiaries joined many other singers at Beaconsfield Festival of Choirs in a musical experience which is becoming an annual event for the charity. And in June 2024 the choir again made a visit to the Guildhall School of Music for a workshop session with 2<sup>nd</sup> year students of Music Therapy, facilitated by one of the trustees, Cressida Lindsay, who is Lecturer in Music Therapy at the Guildhall.

The active support group on WhatsApp continued and is used by a community of 44 beneficiaries. This moderated space is provided to ensure that all messages contribute positively to the wellbeing of the participants and some intervention was needed during the period to maintain this as a safe space. There is also a WhatsApp information group and this is subscribed to by 76 beneficiaries.

On Christmas day 2023 three online Zoom sessions were again offered during the day for beneficiaries providing a total of 6 hours of support on that day.

The Creative Director met twice with choir leaders from other choirs to provide mutual support and discuss and share development opportunities. The Creative Director also met on 9 occasions during the period with members of Spiral Arts group to discuss and participate in personal development activities including dance, poetry and music sessions. Since the end of the reporting period the Creative Director has been invited to become a Director of Spiral Arts, a CIC based in Ealing. The trustees will continue to keep the strategic aims of the charity under review to ensure that the activities of the charity continue to support the charitable objectives.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

It is the trustees policy to maintain sufficient reserves to cover 3 months overheads expenditure .

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The majority of the charity's funding is from public donations, either direct to the charity, or via the charity's page on its Just Giving website. The charity received a donation of £900 during the period from another charity, Frustrated Communication, towards the cost of renewal of the choir's music folders, and this amount has been ring-fenced by the charity for this purpose.

The largest item of running expenditure in the period was the weekly hire fees for the rehearsal space and storage at Victoria Hall which was on average £350 per month. The trustees consider that in-person rehearsals are a very important aspect of the work of the Charity and that this expenditure is both reasonable and proportionate and directly supports the key objectives of the Charity.

The income for the year to 30 June 2024 was £2,668. In the same period total payments, including rental of the rehearsal space at Victoria Hall, came to £4,516.

The trustees have agreed that expenses incurred since formation by the Creative Director on behalf of the charity should be reimbursed and payment of these expenses, which total £2,227, will be made during the following period.

Cash at bank and in-hand carried forward at the end of the period was £2,635.

## Section F Other optional information

The charity continues to be supported by its partner organisation, Rethink Mental Illness, who provided expertise including risk assessments and DBS checks.

Special thanks are due to Ann Freeman, voluntary joint coordinator of the Harrow Rethink Support Group, for her continuing support for the work of the charity.

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

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

<b>Signature(s)</b>	N Brecker	
<b>Full name(s)</b>	Nicholas Brecker	

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

**Date** 18/4/2025

SUSTAINING HARMONY 1190783

CC16a

Receipts and payments accounts

For the period from 01/07/2023 To 30/06/2024

**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	2,661	-	-	2,661	5,089
Interest	7	-	-	7	9
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,668</b>	<b>-</b>	<b>-</b>	<b>2,668</b>	<b>5,098</b>
<b>A2 Asset and investment sales, (see table).</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,668</b>	<b>-</b>	<b>-</b>	<b>2,668</b>	<b>5,098</b>
<b>A3 Payments</b>					
Expenses for fundraising activities	4,516	-	-	4,516	3,100
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>4,516</b>	<b>-</b>	<b>-</b>	<b>4,516</b>	<b>3,100</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>4,516</b>	<b>-</b>	<b>-</b>	<b>4,516</b>	<b>3,100</b>
<b>Net of receipts/(payments)</b>	<b>- 1,848</b>	<b>-</b>	<b>-</b>	<b>- 1,848</b>	<b>1,998</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>4,483</b>	<b>-</b>	<b>-</b>	<b>4,483</b>	<b>2,485</b>
<b>Cash funds this year end</b>	<b>2,635</b>	<b>-</b>	<b>-</b>	<b>2,635</b>	<b>4,483</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 account balance	2,635	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,635</b>	<b>-</b>	<b>-</b>

and payments account(s)) OK OK OK  
**Unrestricted funds to nearest £**      **Restricted funds to nearest £**      **Endowment funds to nearest £**

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>	Computer equipment		1,751	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

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
N Brecker	Nicholas Brecker	18/04/2025

**SUSTAINING HARMONY**

England & Wales - Charity number 1190783

---

# Accounts

---



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	JULY	2022		30	JUNE	2023

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address   
  
  
 Postcode

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Charles Bell	Trustee		
2	Nicholas Brecker	Treasurer		
3	Cllr Jean Lammiman	Trustee		
4	Cressida Leonora Lindsay	Trustee		
5	Andrew Machin	Trustee		
6	Simon Noel Ovens	Trustee		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

David Phelops, Creative Director (voluntary)

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Governed under regulations for CIO Foundations.
How the charity is constituted (eg. trust, association, company)	The charity is a Charitable Incorporated Organisation.
Trustee selection methods (eg. appointed by, elected by)	The trustees can appoint additional persons to serve as trustees of the charity.

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Major risks: the charity is heavily dependent on the work of its volunteers, in particular, the Creative Director and the Assistant Musical Director

Major risks: the charity needs to concentrate on its fundraising objectives as its public profile and its visibility both to potential beneficiaries and potential donors has been adversely affected during the Covid lockdown.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The object of Sustaining Harmony is the relief of those in need by reason of ill mental health and their carers, in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups to help alleviate the mental health issues they face.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Following the end of the Covid lockdown period the Charity has concentrated on rebuilding the face to face activities and encouraging former members to re-engage with the Charity's activities.

This was hampered by the loss of access to the choir's home in the purpose built mental health day centre, The Bridge, in Harrow.

Harrow Council offered the Charity a free rehearsal space in the offices of Harrow Council but this was a temporary arrangement which continued until September 2022, as the Council offices were scheduled for demolition when the Council relocated its offices to another site.

The Charity then moved its base to Victoria Hall, a commercially run community hall in Harrow, and has been located there since this time.

In the reporting year, there were a total of 52 in-person rehearsals and performances, with rehearsals being attended by between 15 and 30 beneficiaries. An average attendance of 21 beneficiaries over the reporting period.

The charity also continued to operate online, using Zoom technology. The online Zoom sessions, having been proved to be valuable in their own right, were maintained throughout the reporting period. A total of 137 Zoom sessions were held on Mondays, Wednesdays and Saturdays with attendance of between 4 and 19 beneficiaries. Average attendance at online sessions was 9 beneficiaries.

The Tai-chi sessions held immediately prior to a choir session were continued and remain popular. They were attended by a small but regular core of beneficiaries. A total of 41 online Tai-chi sessions were held during the reporting period.

Records have been maintained of attendance at both online and in-person events and every effort has been made to try and remain in contact, either directly or indirectly through other choir members, with former beneficiaries who are not currently attending sessions.

Beneficiaries have again confirmed the value that the charity brings to their lives and how a sense of community had been maintained throughout the Covid pandemic and the challenges of lockdown. Following the ending of the lockdown restrictions beneficiaries have indicated that both the online and the in-person formats are valued.

The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The trustees would like to thank all the volunteers who have contributed to the charity during the period.

It is these volunteers who have made the activities of the charity possible and who have generously donated their time and expertise to help further the aims of the charity.

The trustees would particularly like to thank:

David Phelops – Voluntary Creative and Music Director  
Coordinate and run choir sessions, both online and in-person. Choose and arrange music. Network with external organisations. Facilitate external music professionals to attend, teach, or run workshops, on an occasional basis.

David is assisted by Janet Bell, the voluntary assistant musical director, who co-hosts with and/or deputises for David if he is unable to attend.

Christiane Kobus, a beneficiary, facilitates weekly, online Tai-Chi sessions to take place just before the online choir session.

Jessie Atack, a beneficiary, assists the board of trustees by attending formal meetings as minute-taker.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

Following the ending of lockdown restrictions the Charity has worked hard to rebuild the number of beneficiaries attending in-person sessions and to rebuild the sense of community that many beneficiaries remarked upon as a particular benefit of the Charity.

The loss of access to the rehearsal and social space previously available at The Bridge Mental Health Day Centre in Harrow was a particular challenge, however the Charity has found a new home at Victora Hall, although there is still more work to be done to rebuild the vibrancy of the community that existed prior to the Covid pandemic and the connections with other mental health support in the borough.

External events have also restarted with performances at a number of venues both within and without the borough of Harrow.

In December 2022 there was a Royal visit to the London Community Kitchen at The Bridge where the Choir performed. Their Majesties, King Charles and Queen Camilla, made time to stop and meet and talk with the Choir members and the Creative Director.

Choir performances were also held at Harrow Arts Centre for the commemorative event on Holocaust Memorial Day in January 23 and at the Beaconsfield Festival of Choirs where 24 beneficiaries travelled by coach to Beaconsfield in March 2023.

14 beneficiaries performed for a Senior Members Association at a local church in April 2023 and 13 beneficiaries performed at an outdoor event in a local park for the Coronation celebrations in May 2023.

In June 2023 a coach trip to the Guildhall School of Music and Drama was organised with 17 beneficiaries travelling to the Barbican for an afternoon and evening with 13 students of Music Therapy and a tutor (who is one of the trustees). Both the students and the beneficiaries found the time spent together very valuable and a productive and enjoyable time was had by all.

The active support group on WhatsApp continued and is used by a community of 47 beneficiaries. This moderated space is provided to ensure that all messages contribute positively to the wellbeing of the participants. It continues to be used enthusiastically and is a valued resource.

On Christmas day 2022 three online sessions were offered during the day for beneficiaries providing a total of 7 hours of support on that day.

The Creative Director met twice with choir leaders from other choirs to meet to provide mutual support and discuss and share development opportunities with each other.

The Creative Director also met on several occasions with members of Spiral Arts group to discuss and participate in personal development activities including dance, poetry and music sessions.

The trustees will continue to keep the strategic aims of the charity under review to ensure that the activities of the charity continue to support the charitable objectives.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

It is the trustees' policy to maintain sufficient reserves to cover 3 months overheads expenditure.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The majority of the charity's funding is from public donations, either direct to the charity, or via the charity's page on its Just Giving website.

Income was restricted during this period as there were few public performances by the choir. A small number of grant applications were made, of which, one was successful.

The largest item of running expenditure in the period was the hire fees for the rehearsal space at Victoria Hall which were on average £350 per month. The trustees consider that in-person rehearsals are a very important aspect of the work of the Charity and that this expenditure is both reasonably and proportionate and directly supports the key objectives of the Charity.

The income for the year to 30 June 2023 was £5,089. In the same period total payments, including rental of the rehearsal space at Victoria Hall, came to £3,100.

Funds carried forward at the end of the period were £4,483.

## Section F

## Other optional information

The charity continued to be supported by its partner organisation Rethink Mental Illness who provided expertise including risk assessments and DBS checks.

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) N Brecker

Full name(s) Nicholas Brecker

Position (eg Secretary, Chair, etc) Treasurer

**Date** 01/05/2024



CHARITY COMMISSION  
FOR ENGLAND AND WALES

SUSTAINING HARMONY

1190783

## Receipts and payments accounts

CC16a

For the period from	01/07/2022	To	30/06/2023
------------------------	------------	----	------------

### 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	5,089	-	-	5,089	1,185
Interest	9	-	-	9	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,098</b>	<b>-</b>	<b>-</b>	<b>5,098</b>	<b>1,185</b>
<b>A2 Asset and investment sales, (see table).</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,098</b>	<b>-</b>	<b>-</b>	<b>5,098</b>	<b>1,185</b>
<b>A3 Payments</b>					
Expenses for fundraising activities	3,100	-	-	3,100	1,213
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>3,100</b>	<b>-</b>	<b>-</b>	<b>3,100</b>	<b>1,213</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Computer equipment	-	-	-	-	1,751
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,751</b>
<b>Total payments</b>	<b>3,100</b>	<b>-</b>	<b>-</b>	<b>3,100</b>	<b>2,964</b>
<b>Net of receipts/(payments)</b>	<b>1,998</b>	<b>-</b>	<b>-</b>	<b>1,998</b>	<b>- 1,779</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>2,485</b>	<b>-</b>	<b>-</b>	<b>2,485</b>	<b>4,264</b>
<b>Cash funds this year end</b>	<b>4,483</b>	<b>-</b>	<b>-</b>	<b>4,483</b>	<b>2,485</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>	-	-	-
	(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 £
<b>B2 Other monetary assets</b>	Bank account balance	4,483	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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>	Computer equipment		1,751	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

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
N Brecker	Nicholas Brecker	01/05/2024

**SUSTAINING HARMONY**

England & Wales - Charity number 1190783

---

# Accounts

---



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	JULY	2021		30	JUNE	2022

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address   
  
  
**Postcode**

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Machin	Trustee		
2	Nicholas Brecker	Treasurer		
3	Peter Charles Bell	Trustee		
4	Simon Noel Ovens	Trustee		
5	Cllr Jean Lammiman	Trustee		
6	Cressida Leonora Lindsay	Trustee		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

David Phelops, Creative Director (voluntary)

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Governed under regulations for CIO Foundations.
How the charity is constituted (eg. trust, association, company)	The charity is a Charitable Incorporated Organisation.
Trustee selection methods (eg. appointed by, elected by)	The trustees can appoint additional persons to serve as trustees of the charity.

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Major risks: the charity is heavily dependent on the work of its volunteers, in particular, the Creative Director and the Assistant Musical Director

Major risks: the charity needs to concentrate on its fundraising objectives as its public profile and its visibility both to potential beneficiaries and potential donors has been adversely affected during the Covid lockdown.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The object of Sustaining Harmony is the relief of those in need by reason of ill mental health and their carers, in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups to help alleviate the mental health issues they face.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The charity continued to operate during the Covid lockdown period with most of the activity held online, using Zoom technology. Towards the end of the reporting period and following the lifting of the Covid restrictions the charity recommenced in-person activities. The online Zoom sessions, having been proved to be valuable in their own right, were also maintained throughout the reporting period.

The range of activities offered through the Zoom platform was expanded to include a series of online dance workshops, Tai-chi sessions held immediately prior to a choir session and an increase in the number of weekly online choir sessions offered.

As the technology offered by the online Zoom platform has some (quite significant) limitations when trying to facilitate communal singing online, the charity has developed alternative modes of working which nevertheless encourages beneficiaries to participate and to feel part of a communal experience. The online experience is rather different to that experienced when rehearsing face to face but has proved to be valuable, particularly to those beneficiaries who cannot access the new rehearsal space.

Beneficiaries have been supported and encouraged to perform a solo number online with other beneficiaries (with microphones muted) joining in, or just listening to and appreciating the performance. Several beneficiaries have developed their confidence in this way, and this is apparent in the quality of their singing.

The regular online sessions (which are nearly always held on the same days and at the same times) have helped to maintain the sense of community and support that the choir provides. The other activities have also contributed to this sense of community and helped to alleviate the feeling of isolation that the Covid pandemic and the lockdown produced. In addition, the WhatsApp Support group continued to flourish and develop, with more beneficiaries contributing positively.

Towards the end of the period under review the charity managed to arrange access to a new rehearsal space and recommenced weekly face to face choir rehearsals. The number of beneficiaries participating has improved from the numbers participating in the online sessions but has not yet recovered to pre-Covid numbers.

Records have been maintained of attendance at both online and in-person events and every effort has been made to try and remain in contact, either directly or indirectly through other choir members, with former beneficiaries who are not currently attending sessions.

Beneficiaries have confirmed the value that the charity brings to their lives and how a sense of community has been maintained throughout the Covid pandemic and the challenges of lockdown. With the ending of the lockdown restrictions beneficiaries have indicated that both the online and the in-person formats are valued.

The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The trustees would like to thank all the volunteers who have contributed to the charity during the period.

It is these volunteers who have made the activities of the charity possible and who have generously donated their time and expertise to help further the aims of the charity.

The trustees would particularly like to thank ...

David Phelops – Voluntary Creative and Music Director  
Coordinate and run choir sessions, both online and in-person. Choose and arrange music. Network with external organisations. Facilitate external music professionals to attend, teach, or run workshops, on an occasional basis.

David is assisted by Janet Bell, the voluntary assistant musical director, who co-hosts with and/or deputises for David if he is unable to attend.

Christiane Kobus, a beneficiary, facilitates weekly, online Tai-Chi sessions to take place just before the online choir session.

Jessie Attack, a beneficiary assists the board of trustees by attending formal meetings as minute-taker.

## Section D

## Achievements and performance

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

The second year of the charity's operation continued to present significant challenges as the Covid lockdown meant that in-person events were not possible for most of the year.

Although lockdown restrictions were eased during the period September to December 2021, many of the volunteers and the beneficiaries were reluctant to meet in-person, often owing to concerns regarding vulnerability. The charity had also by this time lost access to the rehearsal and social space previously available at The Bridge Mental Health Day Centre in Harrow, as the building had been repurposed during the lockdown.

A further period of lockdown from January to March 2022 delayed the return to in-person events.

The choir community finally managed to meet in-person for the first time in early May 2022 for a social event. Having secured access to a new rehearsal space at Harrow Civic Centre, weekly in-person rehearsals recommenced at the end of May 2022.

However, the online gatherings, which are held on Zoom and which commenced in August 2020, were increased in frequency during the period. These constituted a significant proportion of the activity of the charity during this period.

At the start of the reporting period Zoom choir sessions were offered weekly on Tuesday evenings and Saturday lunchtime. From October 2021 an additional evening session was offered on a Monday afternoon. From December 2021 the Tuesday evening sessions were moved to Wednesday evening in anticipation of face-to-face choir rehearsals recommencing (and which had always been held on a Tuesday evening), however the face-to-face sessions did not actually restart until May 2022 owing to additional Covid restrictions. The Wednesday and Saturday sessions continued to be offered throughout the whole of the reporting period.

In total 146 of these Zoom sessions were offered during the year under review and there were a total of 1,889 session attendances with attendance varying between 9 and 24 beneficiaries. Average attendance at an online session was 13 beneficiaries. The majority of the attendees are located in England and Wales however the online nature of the events means that attendees from anywhere in the world can apply to attend. One regular attendee is located in the Republic of Ireland.

In addition to the regular Zoom choir sessions other online events were held. These included a series of 6 weekly online dance workshops offered during July and August 2021. One of the choir members offered to host a weekly online Tai-chi session immediately prior to the weekly choir session and 17 sessions were offered during the reporting period starting in March 2022.

The community has developed an active support group on WhatsApp and this is a moderated space to ensure that all messages contribute positively to the wellbeing of the participants. This is used enthusiastically and is a valued resource.

One beneficiary who does not have access to Zoom has been offered regular 1-2-1 singing coaching sessions by telephone.

An online concert was arranged in December 2021 and attended (online) by 38 people with Learning Difficulties who are members of a local support organisation in Harrow.

On Christmas day 2021 four online sessions were offered during the day for beneficiaries.

On 27 Jan 2022 the choir performed online at a Holocaust Memorial event in Harrow and were assisted by an external facilitator.

One other activity during the period which ran until December 2021 was an online weekly meeting held on a Monday morning for choir leaders from other choirs to meet to provide mutual support and discuss and share development opportunities with each other.

Face-to-face events eventually restarted in May 2022 with social events being held near Harrow in May and July 2022. Weekly face-to-face rehearsals restarted at the end of May 2022 on Tuesday evenings at the Harrow Civic Centre. Average attendance at these face-to-face events was 28 beneficiaries.

The charity organised its first major external event with a visit by coach to the Guildhall School of Music and Drama on 28 June 2022, with the session hosted by one of the trustees. The session was hybrid, enabling those unable to attend in person to join the session on Zoom. A total of thirty-four beneficiaries took part in the event. This was an opportunity to introduce second-year students on a Master of Arts in Music Therapy course to the beneficiaries. Students were able to see how such music groups operate, to practise teaching songs and to share their journeys into Music Therapy. The beneficiaries gain an opportunity to see how music therapy is taught and to share their passion and joy for the music. This can help to further develop feelings of belonging to a wider community, than just mental illness.

The charity was unable to organise its usual fundraising events during the period, however the charity was nominated as “charity of the year” by BNI (Business Networking International) Business First Chapter. The charity received donations totalling over £500 from members of this organisation.

Further fundraising efforts were organised towards the end of the reporting period and a grant from Harrow Community Fund to support the rental of rehearsal space was successfully negotiated (although the grant was received and applied to the period immediately after the current period end).

The trustees will continue to keep the strategic aims of the charity under review to ensure that the activities of the charity continue to support the charitable objectives.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

It is the trustees' policy to maintain sufficient reserves to cover 3 months overheads expenditure.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The majority of the charity's funding is from public donations, either direct to the charity, or via the charity's page on its Just Giving website.

Income was reduced during this period as there were few public performances by the choir. The consequent lack of publicity and the absence of funds raised at the annual concert contributed to this decrease in donations.

The largest item of running expenditure in the period was the coach hire for beneficiaries to attend an evening workshop at the Guildhall School of Music and Drama in central London.

The income for the year to 30 June 2022 was £1,185 .  
In the same period total payments including purchase of computing equipment to support the increase in online working which has increased efficiency and supported the change to online working, came to £2,964.

Funds carried forward at the end of the period were £2,485.

## Section F

## Other optional information

The charity has continued its emphasis on safeguarding. In view of the vulnerability of many of the beneficiaries the charity was cautious in its approach and was slow to return to face-to-face activities. When face-to-face activities recommenced, the charity adjusted its safeguarding procedures and adhered strictly to the Covid regulations. This included requiring beneficiaries to self-declare absence of symptoms and proof of lateral flow tests. Temperature checks were also instituted. Detailed attendance records continued to be maintained. The charity was supported by its partner organisation Rethink Mental Illness who provided expertise including risk assessments and DBS checks.

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) N Brecker

Full name(s) Nicholas Brecker

Position (eg Secretary, Chair, Treasurer etc)

Treasurer

**Date** 28/04/2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

SUSTAINING HARMONY

1190783

## Receipts and payments accounts

CC16a

For the period  
from

01/07/2021

To

30/06/2022

### 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	1,185	-	-	1,185	4,424
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,185</b>	<b>-</b>	<b>-</b>	<b>1,185</b>	<b>4,424</b>
<b>A2 Asset and investment sales, (see table).</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,185</b>	<b>-</b>	<b>-</b>	<b>1,185</b>	<b>4,424</b>
<b>A3 Payments</b>					
Expenses for fundraising activities	1,213	-	-	1,213	160
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,213</b>	<b>-</b>	<b>-</b>	<b>1,213</b>	<b>160</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Computer equipment	1,751	-	-	1,751	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,751</b>	<b>-</b>	<b>-</b>	<b>1,751</b>	<b>-</b>
<b>Total payments</b>	<b>2,964</b>	<b>-</b>	<b>-</b>	<b>2,964</b>	<b>160</b>
<b>Net of receipts/(payments)</b>	<b>- 1,779</b>	<b>-</b>	<b>-</b>	<b>- 1,779</b>	<b>4,264</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,264	-	-	4,264	-
<b>Cash funds this year end</b>	<b>2,485</b>	<b>-</b>	<b>-</b>	<b>2,485</b>	<b>4,264</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>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	Bank account balance	2,485	-	4,264
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	Computer equipment		1,751	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Nicholas Brecker	Nicholas Brecker	28/04/2023	

**SUSTAINING HARMONY**

England & Wales - Charity number 1190783

---

# Accounts

---



CHARITY COMMISSION  
FOR ENGLAND AND WALES

SUSTAINING HARMONY

1190783

## Receipts and payments accounts

CC16a

For the period from	10/08/2020	To	30/06/2021
---------------------	------------	----	------------

### 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	4,424	-	-	4,424	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>4,424</b>	<b>-</b>	<b>-</b>	<b>4,424</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,424</b>	<b>-</b>	<b>-</b>	<b>4,424</b>	<b>-</b>
<b>A3 Payments</b>					
Expenses for fundraising activities	160	-	-	160	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>160</b>	<b>-</b>	<b>-</b>	<b>160</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>160</b>	<b>-</b>	<b>-</b>	<b>160</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>4,264</b>	<b>-</b>	<b>-</b>	<b>4,264</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>4,264</b>	<b>-</b>	<b>-</b>	<b>4,264</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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-

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

Agreement Error      OK      OK

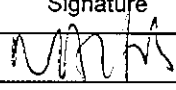
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Bank account balance	4,264	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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
	Nicholas Brecker	25/03/2022



## Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 10	Month AUGUST	Year 2020		Day 30	Month JUNE	Year 2021

### Section A Reference and administration details

Charity name SUSTAINING HARMONY

Other names charity is known by  

Registered charity number (if any) 1190783

Charity's principal address 9 Beeton Close  
Pinner  
   
Postcode HA5 4NZ

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Machin	Trustee		
2	Nicholas Brecker	Treasurer		
3	Peter Charles Bell	Trustee	From 28 October 2020	
4	Simon Noel Ovens	Trustee		
5	Cllr Jean Lammiman	Trustee		
6	Cressida Leonora Lindsay	Trustee		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

--

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document <i>(eg. trust deed, constitution)</i>	Governed under regulations for CIO Foundations
How the charity is constituted <i>(eg. trust, association, company)</i>	The charity is a Charitable Incorporated Organisation.
Trustee selection methods <i>(eg. appointed by, elected by)</i>	<p>Must have a minimum of 3 trustees and a maximum of 12. Trustees will serve terms of either 3 or 4 years for their term of office . The maximum number of terms to serve is three, unless a 12 month gap is commenced, in which case they can serve further terms.</p> <p>The trustees can appoint additional persons to serve as trustees of the charity.</p>

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>The five founding trustees appointed one additional person, Mr Peter Charles Bell, to act as a trustee. Mr Bell joined the trust board on 28 October 2020.</p> <p>The trustees met four times during the period.</p>
--	---

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The object of Sustaining Harmony is the relief of those in need by reason of ill mental health and their carers, in particular but not exclusively by providing the opportunity to take part and perform in a choir with others affected by mental health issues and support groups to help alleviate the mental health issues they face.

The first year of the charity has been particularly challenging.

The draft strategy adopted by the trustees on incorporation of the CIO envisaged that the activities of the charity would require the identification of suitable spaces for holding choir rehearsals and performances and that the majority of the work of the charity would involve encouraging potential choir members and supporting volunteers to gather and meet face to face.

In Autumn 2020, as the effects and extent of the Covid pandemic became clearer, a drastic change to these initial plans was required.

In place of face-to-face meetings of the existing choir communities the charity started to offer online gatherings held on Zoom, an online video platform.

Whilst it is recognised that online meetings are no substitute for face-to-face meetings and there are significant technical drawbacks with attempting to hold communal singing events online, the charity managed to develop a mode of working with the available technology which continued to meet the principal objective of the charity by providing regular opportunities for the choir members to meet together (albeit online) and to receive and to give support and encouragement to each other.

The charity made extensive efforts to ensure that anyone who wished to join the online sessions but encountered difficulties participating, whether because of lack of suitable equipment or lack of knowledge or confidence, were supported to overcome these difficulties, in some cases by the provision of equipment or by arranging one-to-one training sessions.

The charity also made extensive use of other communications tools, including facebook and WhatsApp groups in order to reach out to and connect with the choir members.

Regular trustee meetings were also held during the period using Zoom with agenda and minutes of meetings shared electronically. Trustee meetings were recorded for the purposes of assisting the minute taker in the preparation of minutes, with the recording being deleted after the minutes had been produced.

The trustees confirm that they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

The trustees would like to thank all the volunteers who have contributed to the charity during the period.

It is these volunteers who have made the activities possible and who have generously donated their time and expertise to help further the aims of the charity.

The trustees would particularly like to thank Mr David Phelops for his hard work and enthusiasm.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Despite the circumstances under which the charity was operating during this initial period a significant number of activities have been undertaken.

Regular online sessions are offered three times each week with typically 35 – 45 attendees each week. Whilst singing still remains the predominant focus of the sessions other activities which are suited to the online format have been introduced, including guest appearances by professional singers, dance teachers and others.

Another aspect of the charity's work is the opportunity offered to the choir members to perform in front of an audience which many choir members find very enjoyable and which boosts confidence and reinforces a feeling of belonging and well-being. Whilst the current technology does not allow communal singing online to be broadcast as a performance to others, it does allow individual choir members to perform, and several choir members have taken part in such events.

Choir members have performed either unaccompanied, self-accompanied playing an instrument and singing, or singing to a pre-recorded backing track. This has helped to develop confidence.

A number of fundraising activities have taken place, with an online musical quiz night, 2 performances for the Friends of Roxbourne Park and an online celebration of the 100<sup>th</sup> online Zoom session (attended by over 100 attendees from the UK and abroad).

The charity accepts donations through Just Giving and is also a member of Amazon Smile where Amazon customers can nominate the charity to receive a percentage of their spend through the Amazon website.

Whilst the trustees have had to revise downwards their expectations for income during this period, the charity has not incurred the expenditure anticipated. In the circumstances, the trustees consider that the level of donations during the period is a very positive start in the circumstances.

The long-term aim of the charity remains to provide suitable meeting spaces for the intended beneficiaries to be able to meet as a community to provide and receive support and encouragement from each other. However, the experience with the online sessions has shown that the online format is a desirable activity in its own right and not just a replacement for face-to-face meetings. In addition, the greater geographical reach of online sessions is another bonus, with no physical boundaries to attendance. Indeed, some events have attracted participants or observers from around the world.

The online sessions have also had the benefit of holding together a fragmented, fragile community of adults affected by mental ill-health during a period when everybody's mental health has been severely challenged by circumstances.

The trustees will continue to keep the strategic aims of the charity under review to ensure that the activities of the charity continue to support the charitable objectives.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

It is the Trustees' policy to maintain sufficient reserves to cover 3 months overheads expenditure .

**Details of any funds materially in deficit**

None

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The majority of the charity's funding is from public donations either direct to the charity or via the charity's page on the Just Giving website.

## Section F

## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

*Nicholas Brecker*

Full name(s)

Nicholas Brecker

Position (eg Secretary, Chair, etc)

Treasurer

Date

25/03/2022