



CHARITY COMMISSION  
FOR ENGLAND AND WALES

SUSTAINING HARMONY

1190783

CC16a

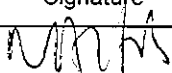
## Receipts and payments accounts

For the period from	10/08/2020	To	30/06/2021
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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 £
<b>A1 Receipts</b>					
Donations	4,424	-	-	4,424	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	4,424	-	-	4,424	-
<b>A2 Asset and investment sales, (see table).</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	4,424	-	-	4,424	-
<b>A3 Payments</b>					
Expenses for fundraising activities	160	-	-	160	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	160	-	-	160	-
<b>A4 Asset and investment purchases, (see table)</b>					
None	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	160	-	-	160	-
<b>Net of receipts/(payments)</b>	4,264	-	-	4,264	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	4,264	-	-	4,264	-

## 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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	<b>Details</b>			
	Bank account balance	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>
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<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	25/03/2022	



# Trustees' Annual Report for the period

From

Period start date

Day

10

Month

AUGUST

Year

2020

To

Period end date

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)

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## 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)	<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)

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 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.

The trustees met four times during the period.

## 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)**

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 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.

## 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