



Trustees' Annual Report for the period

From

Period start date

01

JULY

2022

To

Period end date

30

JUNE

2023

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	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 Attack, 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	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	5,089	-	-	5,089	1,185
Interest	9	-	-	9	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,098	-	-	5,098	1,185
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,098	-	-	5,098	1,185
A3 Payments					
Expenses for fundraising activities	3,100	-	-	3,100	1,213
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,100	-	-	3,100	1,213
A4 Asset and investment purchases, (see table)					
Computer equipment	-	-	-	-	1,751
	-	-	-	-	-
Sub total	-	-	-	-	1,751
Total payments	3,100	-	-	3,100	2,964
Net of receipts/(payments)	1,998	-	-	1,998	- 1,779
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,485	-	-	2,485	4,264
Cash funds this year end	4,483	-	-	4,483	2,485

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	Bank account balance	4,483	-	
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Computer equipment		1,751	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	N Brecker	Nicholas Brecker	01/05/2024	