



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	07	2023		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		
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20				

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

Name	Dates acted if not for whole year

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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 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.

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.

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.

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 2nd 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

Signature(s) N Brecker

Full name(s) Nicholas Brecker

Position (eg Secretary, Chair, etc)	Treasurer	
Date	18/4/2025	

SUSTAINING HARMONY	1190783
Receipts and payments accounts	
For the period from	01/07/2023 To 30/06/2024

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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	2,661	-	-	2,661	5,089
Interest	7	-	-	7	9
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,668	-	-	2,668	5,098
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,668	-	-	2,668	5,098
A3 Payments					
Expenses for fundraising activities	4,516	-	-	4,516	3,100
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,516	-	-	4,516	3,100
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,516	-	-	4,516	3,100
Net of receipts/(payments)	- 1,848	-	-	- 1,848	1,998
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,483	-	-	4,483	2,485
Cash funds this year end	2,635	-	-	2,635	4,483

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 £
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B1 Cash funds

Bank account balance	2,635	-	-
	-	-	-
	-	-	-
Total cash funds	2,635	-	-

and payments account(s))

OK

 Unrestricted funds
to nearest £

OK

 Restricted funds
to nearest £

OK

 Endowment funds
to nearest £

B2 Other monetary assets

Details		-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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	18/04/2025