



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	07	2024		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		
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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'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 Attack, 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 2nd 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 60th 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

Signature(s)	N Brecker	
Full name(s)	Nicholas Brecker	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	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