

# MUMO CREATIVE

England & Wales · Charity number 1206650

## Details

**Status** Registered

**Legal form** CIO

**Registered** 2024-01-23

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

## Contact

**Address** 86 Arlington Drive  
Marston  
Oxford  
OX3 0SJ

**Phone** 07718075199

**Email** [hello@mumocreative.com](mailto:hello@mumocreative.com)

**Website** [www.mumocreative.com](http://www.mumocreative.com)

## Activities

**Objects:** TO PROMOTE AND PROTECT THE HEALTH OF OLDER PEOPLE AND RELIEVE CONDITIONS OF OLD AGE INCLUDING PARKINSON'S AND DEMENTIA THROUGH DANCE, MUSIC AND MOVEMENT ACTIVITIES WHICH HAVE BEEN PROVEN TO HAVE A BENEFICIAL EFFECT ON SUCH CONDITIONS

**Activities:** We offer dance, music and movement sessions to promote the physical and mental health and social connectedness of older people with age-related health conditions including Parkinson's and dementia.

## Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

## Geography

- Throughout England And Wales

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-12-31 | £66,652 | £68,367     | -      | -         |
| 2024-12-31 | £91,365 | £28,996     | -      | -         |

## Trustees

| Name                          | Role  | Appointed  |
|-------------------------------|-------|------------|
| Irini Hatzimichali            | Chair | 2023-07-19 |
| Beatrice Pasquier             |       | 2023-07-19 |
| Jennifer Smith M.A.           |       | 2023-07-19 |
| Jitka Fort                    |       | 2023-07-19 |
| PROF MORTEN KRINGELBACH DPHIL |       | 2023-07-19 |
| Sidra Malik                   |       | 2025-12-09 |
| Sophie Brough                 |       | 2024-03-05 |

MUMO CREATIVE

England & Wales - Charity number 1206650

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# Accounts

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# Trustees' Annual Report for the period From 01/01/25 To 31/12/25

**Charity name: MuMo Creative**

**Charity registration number: 1206650**

## Objectives and Activities

### 1. Summary of the purposes of the charity as set out in its governing document

To promote and protect the health of older people and relieve conditions of old age including Parkinson's and dementia through dance, music and movement activities which have been proven to have a beneficial effect on such conditions.

### 2. Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

MuMo Creative's main activities that were carried out to meet our purposes for the public benefit included:

- Dance for Parkinson's programme with regular dance classes specifically tailored for people living with Parkinson's aiming to enhance physical and mental health
- A regular Dance for Joy class open to older people (60+) including those with age-related health conditions such as Parkinson's or dementia.
- A regular Singing for Parkinson's class specifically tailored to support those living with Parkinson's and enhancing their physical and mental health.
- An Arts and Culture for Later Life engagement programme run in collaboration with some of Oxford's leading museums and libraries including dance and music performance workshops co-created with our beneficiaries including people living with Parkinson's.
- Monthly Movers & Shakers dance class for older adults at the Museum of Oxford.

### 3. Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

The trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit when exercising their duties and in planning the activities of MuMo Creative. The trustees are satisfied that the charity's objectives and activities continue to provide public benefit in accordance with the requirements of the Charities Act 2011.

### 4. Contribution made by volunteers

MuMo Creative's activities were made possible by the dedication of our team of ten regular volunteers. Their contributions were essential in ensuring the smooth running of our sessions. Volunteers welcomed participants, maintained accurate class registers, and provided direct support during activities. This included assisting individuals in getting up from

chairs, guiding those with cognitive challenges, and helping wheelchair users move around and fully engage in the sessions. Additionally, they served refreshments during the social time, fostering a welcoming and inclusive atmosphere. Without their invaluable support, MuMo Creative would not be able to deliver its activities as effectively. Their dedication significantly enhances both the quality and quantity of support each participant receives. On average, our volunteers dedicated 2.5 hours per week over 30 weeks each year, making a meaningful impact on our beneficiaries.

## **Achievements and Performance**

### **5. Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.**

In 2025, MuMo Creative ran three ten-week terms of the Dance for Parkinson's program and the Dance for Joy programme designed to enhance physical coordination, mental engagement, and social connectedness for older adults including those living with Parkinson's. Each session integrated dance, live music, vocal work, singing, and creative exercises that explored the themes and stories of classic ballets, musicals, and plays. Led by two professional dance artists and a musician, all of whom are specially trained in working with older adults including those with Parkinson's, these sessions provided a supportive and inspiring environment. MuMo Creative also established a new Singing for Parkinson's programme offering three ten-week terms of singing sessions for people living with Parkinson's. Run by a neurologic music therapist, the weekly choir sessions combine the joy of singing with the proven benefits of music therapy, designed specifically for individuals living with Parkinson's. Tailored to support vocal strength and breath control, the sessions integrate movement and feature a diverse repertoire, including pop, folk, classical, jazz, and musical theatre, chosen based on participants' interests. MuMo Creative also delivered a monthly dance class, Movers & Shakers, at the Museum of Oxford. During 2025, we established a new Arts Council England funded collaborative engagement programme with some of Oxford's leading museums and libraries offering our beneficiaries opportunities to engage with museum collections and special exhibitions and to co-create performance workshops inspired by these collections and exhibitions and share with the wider public. During the year our beneficiaries performed at the Weston Library, the Natural History Museum and the Old Fire Station. Our Singing for Parkinson's group performed at two community events including the Parkinson's UK Oxford branch's Christmas event. In September 2025, MuMo Creative was selected to join the University of Oxford's Science Together programme as one of the eight community partners. This programme allows us to plan and deliver a Dance for Dementia pilot with the support of researchers from the University of Oxford and Oxford Brookes University. The pilot programme is run in partnership with English National Ballet and Oxford City Council and in collaboration with the Ark-T Centre and Dementia Oxfordshire.

The number of beneficiaries increased significantly during 2025 as we established new regular classes. We also welcomed new volunteers to our team and appointed a new trustee to our board.

Our Dance for Parkinson's programme was shortlisted for the MJ Achievement Awards in the Innovation in Public Private Partnerships category.

- Around 100 older people joined our sessions this year reporting positive effects on their physical and mental wellbeing.

- We engaged with around 50 people living with Parkinson's as well as their partners, caregivers and family members.
- Our performance workshops were observed and/or attended by ca. 150 members of the public.
- We established new collaborations with researchers from the University of Oxford and Oxford Brookes University, University of Oxford's Natural History Museum, The Pitt Rivers Museum, the History of Science Museum and Bodleian Library, and connected with new organisations such as Dementia Oxfordshire and the Ark-T Centre.

#### **Participant feedback:**

- "People with Parkinson's are encouraged to exercise and I do, but the only form of exercise I really enjoy is Dance for Parkinson's"
- "I cannot begin to tell you how much our dance classes mean to me. It is the highlight of my week. Apart from being really good exercise it is also such fun and is joyful from start to finish. I am very grateful that we have been given this precious gift which makes me so happy. My sincere thanks for continuing to make this possible."
- "Something almost miraculous happens when Parkinson's patients dance to music."
- "It is so rewarding to see the effect music and dance have on us all, uplifting our spirits, bringing a sense of wellbeing and happiness into challenged bodies".
- "When I was first diagnosed with Parkinson's and started going to your classes I found they helped me get through those early days of turbulence and isolation. They offered creativity, community and a very positive approach to living with Parkinson's."
- "I feel I am holding back the tide, slowing progress of the symptoms, possibly even alleviating them, by not giving in to the stiffness, the joint pain, the tremor, the brain fog etc. I feel I am doing as much if not more to help manage my condition than the medication I take is doing. I am being proactive and positive and enjoying myself."

#### **Volunteer & spectator feedback:**

- "I cannot thank you enough for what you have done for my husband"
- "I've been to a few concerts this year and it was, without doubt, the most moving. I cried through the whole performance. You have done an incredible job to secure that performance out of a bunch of amateur enthusiastic singers with Parkinson's Disease. Only a person with Parkinson's can really appreciate what you have achieved."
- "This is exactly how community arts projects should be done."

## **6. Fundraising activities and achievements**

In 2025, we applied for sixteen grants securing a total of £56,480 grant funding. A substantial portion of our funding came from grants specifically allocated to project costs, reflecting our success in securing support for our initiatives. However, fundraising for administrative and operational expenses remains a challenge. This year we were able to secure funding to cover the costs of a part-time administrator.

#### **A description of the principal risks facing the charity**

MuMo Creative has had a very successful year which has seen significant success both in delivering on its objectives for public benefit and in raising funds for new and ongoing

activities. The charity has not faced any funding shortfalls or cash-flow difficulties. However, our success has created two related risks:

- a. Without appropriate investment in administrative functions, the charity may struggle with the growing demands of operational and financial management, compliance, and reporting, risking inefficiencies, errors, and failures to meet deadlines. Over-reliance on key staff and volunteers to carry out these administrative functions may result in them being stretched too thin.
- b. Without unrestricted funding to cover overheads, the charity may become overly reliant on restricted project grants, leading to cash flow problems and/or an inability to sustain itself between funding cycles.

In 2025 the Trustees managed to mitigate these risks by developing a fundraising plan with realistic short and long-term goals. We were also able to cover the costs of a part-time charity administrator with focus on fundraising, which helped to increase fundraising activities. We were able to increase the amount of unrestricted funds reaching our goal to create a three-month operational buffer.

## **Financial Review**

### **7. Review of the charity's financial position at the end of the period**

MuMo Creative received over £66k in income in the last year, 85% of which was from grants made by charitable trusts and foundations. Almost all of this funding was project-specific (restricted) funding. We received £8,862 in donations, mostly gifts from beneficiaries, their friends and family. All of this was unrestricted funding.

64% of our expenditure during the year (c.£44k) was on artists fees. It is an essential feature of our approach that we use only dance and music professionals who have received dedicated music therapy training. We also spent c. £7.6k on venue hire. Our venues need to be central and easily accessed by those using public transport and with mobility impairments. We spent c. £14.5k hiring a part-time administrator.

We have ended the year with restricted cash funds of £36k. All of this is allocated to specific activities which will take place during the coming year. It is important that we have secured a significant portion of the funding required for scheduled activities for 2026 as this enables us to book venues and enrol artists with confidence that we are able to cover the cost.

### **8. Statement explaining the policy for holding reserves and the amount of reserves held**

Given our size and operational needs, we aim to maintain unrestricted reserves equivalent to three months of essential running costs. This ensures we can meet core expenses, including administrative costs, essential services, and contingencies.

We have ended 2025 with c. £25k in unrestricted reserves. We anticipate that we will spend some of this in 2026 in covering administrative overheads and project costs aiming to maintain a reserve of three months of operational costs. Our operational costs are increasing in 2026 due to a new programme enrolled during the year.

### **9. Explanation of any uncertainties about the charity continuing as a going concern**

The trustees are confident that there are no significant uncertainties about MuMo Creative as a going concern.

## **Structure, Governance and Management**

### **10. Type of governing document**

Constitution

### **11. How is the charity constituted? (e.g unincorporated association, CIO)**

Charitable Incorporated Organisation

### **12. Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees**

MuMo Creative selects its trustees in accordance with the provisions outlined in its governing document. Trustees are appointed through a combination of election and co-option methods. Existing trustees may nominate and vote on new appointments to ensure the board maintains a diverse range of skills and expertise relevant to the charity's objectives. Additionally, the board has the authority to co-opt trustees with specific experience or knowledge that would benefit the organisation. Trustees typically serve a fixed term, after which they may seek reappointment through the same selection process. The charity's constitution does not designate any external individuals or bodies with the authority to appoint trustees. This approach ensures that trustee appointments align with MuMo Creative's mission while maintaining good governance and accountability.

## **Reference and Administrative details**

|                              |                                             |
|------------------------------|---------------------------------------------|
| Charity name                 | MuMo Creative                               |
| Registered charity number    | 1206650                                     |
| Chief administrative officer | Dr Roosa Leimu-Brown (Director)             |
| Charity's principal address  | 86 Arlington Drive<br>OX3 0SJ<br>Oxford, UK |

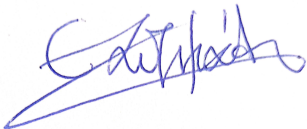
## Names of the charity trustees who manage the charity

1. Irini Hatzimichali, chair
2. Jitka Fort
3. Morten Kringelbach
4. Jennifer Smith
5. Béatrice Pasquier
6. Sophie Brough
7. Sidra Malik

## Declarations

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

Signed on behalf of the charity's trustees:

|            |                                                                                   |  |
|------------|-----------------------------------------------------------------------------------|--|
| Signatures |  |  |
| Full name  | Irini Hatzimichali                                                                |  |
| Position   | Chair of trustees                                                                 |  |
| Date       | 27/03/2026                                                                        |  |



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**MuMo Creative**

No (if any)  
1206650

## Receipts and payments accounts

**CC16a**

|                     |                               |    |                               |
|---------------------|-------------------------------|----|-------------------------------|
| For the period from | Period start date<br>1/1/2025 | To | Period end date<br>31/12/2025 |
|---------------------|-------------------------------|----|-------------------------------|

### Section A Receipts and payments

|                                                       | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|-------------------------------------------------------|----------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |                                        |                                      |                                     |                                 |                               |
| Grants                                                | £ 6,250.00                             | £ 50,230.00                          |                                     | £ 56,480.00                     | £ 84,768.00                   |
| Donations                                             | £ 8,862.00                             |                                      |                                     | £ 8,862.00                      | £ 3,822.00                    |
| Contracts                                             | £ 1,310.00                             |                                      |                                     | £ 1,310.00                      | £ 2,775.00                    |
|                                                       |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
| <i>Sub total (Gross income for AR)</i>                | £ 16,422.00                            | £ 50,230.00                          | £ -                                 | £ 66,652.00                     | £ 91,365.00                   |
| <b>A2 Asset and investment sales, (see table).</b>    |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
| <i>Sub total</i>                                      |                                        |                                      |                                     |                                 |                               |
| <i>Total receipts</i>                                 | £ 16,422.00                            | £ 50,230.00                          | £ -                                 | £ 66,652.00                     | £ 91,365.00                   |
| <b>A3 Payments</b>                                    |                                        |                                      |                                     |                                 |                               |
| Artists fees                                          | -                                      | £ 43,665.00                          | -                                   | £ 43,665.00                     | £ 18,826.00                   |
| Administration fees                                   | £ 1,645.00                             | £ 12,755.00                          | -                                   | £ 14,400.00                     | £ 3,000.00                    |
| Accountancy fees                                      | -                                      | £ -                                  | -                                   | £ -                             | -                             |
| Office costs                                          | -                                      | £ -                                  | -                                   | £ -                             | -                             |
| Venue hire                                            | -                                      | £ 7,620.00                           | -                                   | £ 7,620.00                      | £ 5,880.00                    |
| Travel                                                | -                                      | £ 1,308.00                           | -                                   | £ 1,308.00                      | £ 822.00                      |
| Marketing and publicity                               | -                                      | £ 790.00                             | -                                   | £ 790.00                        | -                             |
| Refreshments                                          | -                                      | £ -                                  | -                                   | £ -                             | -                             |
| Equipment                                             | -                                      | £ 584.00                             | -                                   | £ 584.00                        | £ 468.00                      |
| <i>Sub total</i>                                      | £ 1,645.00                             | £ 66,722.00                          | -                                   | £ 68,367.00                     | £ 28,996.00                   |
| <b>A4 Asset and investment purchases, (see table)</b> |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
|                                                       |                                        |                                      |                                     |                                 |                               |
| <i>Sub total</i>                                      |                                        |                                      |                                     |                                 |                               |
| <i>Total payments</i>                                 | £ 1,645.00                             | £ 66,722.00                          |                                     | £ 68,367.00                     | £ 28,996.00                   |
| <i>Net of receipts/(payments)</i>                     | £ 14,777.00                            | -£ 16,492.00                         | £ -                                 | -£ 1,715.00                     | £ 62,369.00                   |
| <b>A5 Transfers between funds</b>                     |                                        |                                      |                                     |                                 |                               |
| <b>A6 Cash funds last year end</b>                    | £ 9,973.00                             | £ 52,395.00                          |                                     | £ 62,368.00                     |                               |
| <i>Cash funds this year end</i>                       | £ 24,750.00                            | £ 35,903.00                          |                                     | £ 60,653.00                     | £ 62,369.00                   |

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

| Categories           | Details                                       | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------|-----------------------------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b> | Metro Bank Business Community Current Account | 24750                              | 35903                            |                                 |
|                      |                                               |                                    |                                  |                                 |
|                      | <i>Total cash funds</i>                       | 24750                              | 35903                            | 0                               |

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

| OK                              | OK                            | OK                           |
|---------------------------------|-------------------------------|------------------------------|
| Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| -                               | -                             | -                            |
| -                               | -                             | -                            |
| -                               | -                             | -                            |
| -                               | -                             | -                            |
| -                               | -                             | -                            |
| -                               | -                             | -                            |

**B2 Other monetary assets**

| Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------|---------------------------------|-------------------------------|------------------------------|
|         | -                               | -                             | -                            |
|         | -                               | -                             | -                            |
|         | -                               | -                             | -                            |
|         | -                               | -                             | -                            |
|         | -                               | -                             | -                            |
|         | -                               | -                             | -                            |

**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) |
|---------|-----------------------------|-----------------|--------------------------|
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |
|         |                             | -               | -                        |

**B5 Liabilities**

| Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|---------|---------------------------------|-----------------------|---------------------|
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |
|         |                                 | -                     |                     |

| Signed by two trustees on behalf of all the trustees | Signature                                                                           | Print Name         | Date of approval |
|------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------|------------------|
|                                                      |  | Irini Hatzimichali | 17.2.2026        |
|                                                      |  | Jennifer Smith     | 17.2.2026        |



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name

MuMo Creative

On accounts for the year  
ended

31/12/2025

Charity no  
(if any)

1206650

Set out on pages

Below - one page only

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above  
charity ("the Trust") for the year ended DD/MM/YYYY.

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation  
of the accounts in accordance with the requirements of the Charities Act  
2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out  
under section 145 of the 2011 Act and in carrying out my examination, I  
have followed the applicable Directions given by the Charity Commission  
under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have  
come to my attention (other than that disclosed below \*) in connection with  
the examination which gives me cause to believe that in, any material  
respect:

- accounting records were not kept in accordance with section 130 of  
the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection  
with the examination to which attention should be drawn in order to enable a  
proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

Kathleen Parsons

Date:

24/3/2016

Name:

KATHLEEN PARSONS B.Acc C.A.

Relevant professional  
qualification(s) or body  
(if any):

INSTITUTE OF CHARTERED ACCOUNTANTS OF SCOTLAND (ICAS)

Address:

42 ELMTHORPE ROAD

OXFORD

OX2 8PA.

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# Accounts

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# Trustees' Annual Report for the period From 23/01/24 To 31/12/24

**Charity name: MuMo Creative**

**Charity registration number: 1206650**

## Objectives and Activities

### 1. Summary of the purposes of the charity as set out in its governing document

To promote and protect the health of older people and relieve conditions of old age including Parkinson's and dementia through dance, music and movement activities which have been proven to have a beneficial effect on such conditions.

### 2. Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

MuMo Creative's main activities that were carried out to meet our purposes for the public benefit included:

- Dance for Parkinson's programme with regular dance classes specifically tailored for people living with Parkinson's aiming to enhance physical and mental health
- Dance and music workshops co-created with people living with Parkinson's to offer participants opportunities to take part in the creative process and a performance workshop to share the transformative effects dance and music can have with the wider public.
- A regular Dance for Joy class open to older people (60+) including those with age-related health conditions such as Parkinson's or dementia.
- A regular Mindful Movement for Parkinson's class specifically tailored to support those living with Parkinson's and enhancing their physical and mental health

### 3. Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

The trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit when exercising their duties and in planning the activities of MuMo Creative. The trustees are satisfied that the charity's objectives and activities continue to provide public benefit in accordance with the requirements of the Charities Act 2011.

### 4. Contribution made by volunteers

MuMo Creative's activities were made possible by the dedication of our team of ten regular volunteers. Their contributions were essential in ensuring the smooth running of our sessions. Volunteers welcomed participants, maintained accurate class registers, and provided direct support during activities. This included assisting individuals in getting up from

chairs, guiding those with cognitive challenges, and helping wheelchair users move around and fully engage in the sessions. Additionally, they served refreshments during the social time, fostering a welcoming and inclusive atmosphere. Without their invaluable support, MuMo Creative would not be able to deliver its activities as effectively. Their dedication significantly enhances both the quality and quantity of support each participant receives. On average, our volunteers dedicated 2.5 hours per week over 30 weeks each year, making a meaningful impact on our beneficiaries.

## Achievements and Performance

### 5. Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- Around 70 older people joined our sessions this year reporting positive effects on their physical and mental wellbeing.
- We engaged with around 50 people living with Parkinson's as well as their partners, caregivers and family members.
- Our performance workshops were observed and/or attended by ca. 150 members of the public.
- The charity received a [BBC Local Heros "Make a Difference" Award](#) in recognition of our achievements.

In 2024, MuMo Creative ran three ten-week terms of our Dance for Parkinson's program, designed to enhance physical coordination, mental engagement, and social connectedness for people with Parkinson's. Each session integrated dance, live music, vocal work, singing, and creative exercises that explored the themes and stories of classic ballets, musicals, and plays. Led by two professional dance artists and a musician, all of whom are specially trained in working with Parkinson's, these sessions provided a supportive and inspiring environment. Weekly attendance ranged from 20 to 35 participants, with approximately 200 participants attending per term, and we welcomed five new volunteers to our team.

Participant feedback:

- "People with Parkinson's are encouraged to exercise and I do, but the only form of exercise I really enjoy is Dance for Parkinson's"
- "I cannot begin to tell you how much our dance classes mean to me. It is the highlight of my week. Apart from being really good exercise it is also such fun and is joyful from start to finish. I am very grateful that we have been given this precious gift which makes me so happy. My sincere thanks for continuing to make this possible."
- "Something almost miraculous happens when Parkinson's patients dance to music."
- "It is so rewarding to see the effect music and dance have on us all, uplifting our spirits, bringing a sense of wellbeing and happiness into challenged bodies".
- "When I was first diagnosed with Parkinson's and started going to your classes I found they helped me get through those early days of turbulence and isolation. They offered creativity, community and a very positive approach to living with Parkinson's."
- "I feel I am holding back the tide, slowing progress of the symptoms, possibly even alleviating them, by not giving in to the stiffness, the joint pain, the tremor, the brain fog etc. I feel I am doing as much if not more to help manage my condition than the medication I take is doing. I am being proactive and positive and enjoying myself."

## Volunteer & spectator feedback

- “I was bowled over on my visit with Dance for Parkinson's, where I saw not only an unsurpassed professionalism and sensitivity, but also great care and energy. This project is inspirational! A tremendous benefit both to those who live with the condition, and those who help to look after them.”
- “It is so inspiring to be involved in the Dance for Parkinson's programme as a volunteer and to see the progress and immense enjoyment of music and movement. It is so stimulating and gives me lots of joy and a sense of fulfilment.”

A highlight of 2024 was the establishment of a formal partnership with English National Ballet and Oxford City Council in the autumn. This partnership enables us to expand and enrich the Dance for Parkinson's program, creating new opportunities for our beneficiaries and volunteers.

We were also honored to be nominated for the BBC Make a Difference Award in the Community category by a long-standing participant of our Dance for Parkinson's group, and we were thrilled to be shortlisted as a finalist, ultimately receiving a Highly Commended award. This recognition reflects the positive impact of our program within the community.

MuMo Creative provided its Dance for Parkinson's group with transformative workshop and performance opportunities in 2024. These new experiences allowed participants to co-create expressive performance workshops, enabling them to voice their experiences of living with Parkinson's in innovative ways. For many with communication impairments, these workshops offered a powerful alternative for expressing their personal stories, emotions, and reflections.

This year, we co-created a performance workshop with our Parkinson's dancers, inspired by Kafka's *Metamorphosis*. In creative rehearsal sessions, approximately 20 dancers explored themes of transformation, examining the emotions associated with a Parkinson's diagnosis and the life changes that follow. Together, we reflected on the relevance of Kafka's story to disability narratives, as dancers used sound and movement to share their personal journeys.

Our performance workshop, *Transfiguration: The Power of Music and Dance*, invited the public to join or observe the dancers' expression of a journey from frustration, shame, and anger to freedom, growth, and love. These performances deepened awareness of Parkinson's and challenged perceptions of disability and aging. For participants, they were empowering experiences that provided a meaningful outlet to express and voice their lived experiences. These workshops reached over a hundred spectators helping us to connect with the wider community.

MuMo Creative also forged new partnerships with other organizations, reached new audiences, and increased the number of beneficiaries, further extending the impact and reach of our programs in the community.

During 2024 we were able to expand our Dance, Movement, and Music program for age-related neurodegeneration, including our Dance for Parkinson's sessions, and to secure funding from the Oxfordshire Community Foundation, the National Lottery Community Fund, Sport England, Arts Council England, and the Connected Communities Fund. As a result, we launched a new weekly dance class for older adults with various age-related health conditions, as well as a Mindful Movement for Parkinson's program, reaching around 30 to 40 new regular participants and welcoming several new volunteers.

## **6. Fundraising activities and achievements**

In 2024, we set a fundraising target of £30k, which we successfully exceeded, raising over £90k. This significant achievement enabled us to expand our activities and reach new beneficiaries. A substantial portion of our funding came from grants specifically allocated to project costs, reflecting our success in securing support for our initiatives. However, fundraising for administrative and operational expenses remains a challenge, as many grant providers focus exclusively on project funding.

### **A description of the principal risks facing the charity**

MuMo Creative has had a very successful year which has seen significant success both in delivering on its objectives for public benefit and in raising funds for new and ongoing activities. The charity has not faced any funding shortfalls or cash-flow difficulties. However, our success has created two related risks:

- a. Without appropriate investment in administrative functions, the charity may struggle with the growing demands of operational and financial management, compliance, and reporting, risking inefficiencies, errors, and failures to meet deadlines. Over-reliance on key staff and volunteers to carry out these administrative functions may result in them being stretched too thin.
- b. Without unrestricted funding to cover overheads, the charity may become overly reliant on restricted project grants, leading to cash flow problems and/or an inability to sustain itself between funding cycles.

In the coming year the Trustees will seek to mitigate these risks by developing a fundraising plan with realistic short and long-term goals, by employing a part-time charity administrator with focus on fundraising, aiming to increase unrestricted funds to create a three-month operational buffer and to support covering costs of a full-time administrator/fundraiser.

## **Financial Review**

### **7. Review of the charity's financial position at the end of the period**

MuMo Creative received over £91k in income in the last year, 92% of which was from grants made by charitable trusts and foundations. Almost all of this funding was project-specific (restricted) funding. We received £3.8k in donations, mostly gifts from participants, their friends and family. All of this was unrestricted funding.

65% of our expenditure during the year (c.£19k) was on artists fees. It is an essential feature of our approach that we use only dance and music professionals who have received dedicated music therapy training. We also spent c. £6k on venue hire. Our venues need to be central and easily accessed by those using public transport and with mobility impairments.

We have ended the year with restricted cash funds of £52k. All of this is hypothecated to specific activities which will take place during the coming year. It is important that we have secured a significant portion of the funding required for scheduled activities for 2025 as this

enables us to book venues and enrol artists with confidence that we are able to cover the cost.

#### **8. Statement explaining the policy for holding reserves and the amount of reserves held**

Given our size and operational needs, we aim to maintain unrestricted reserves equivalent to three months of essential running costs. This ensures we can meet core expenses, including administrative costs, essential services, and contingencies.

We have ended 2024 with c. £10k in unrestricted reserves, but we anticipate that we will spend most of this in 2025 in covering administrative overheads.

#### **9. Explanation of any uncertainties about the charity continuing as a going concern**

The trustees are confident that there are no significant uncertainties about MuMo Creative as a going concern.

### **Structure, Governance and Management**

#### **10. Type of governing document**

Constitution

#### **11. How is the charity constituted? (e.g unincorporated association, CIO)**

Charitable Incorporated Organisation

#### **12. Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees**

MuMo Creative selects its trustees in accordance with the provisions outlined in its governing document. Trustees are appointed through a combination of election and co-option methods. Existing trustees may nominate and vote on new appointments to ensure the board maintains a diverse range of skills and expertise relevant to the charity's objectives. Additionally, the board has the authority to co-opt trustees with specific experience or knowledge that would benefit the organisation. Trustees typically serve a fixed term, after which they may seek reappointment through the same selection process. The charity's constitution does not designate any external individuals or bodies with the authority to appoint trustees. This approach ensures that trustee appointments align with MuMo Creative's mission while maintaining good governance and accountability.

#### **13. New policies approved by the Trustees this year**

Risk Management Policy

## Reference and Administrative details

|                              |                                          |
|------------------------------|------------------------------------------|
| Charity name                 | MuMo Creative                            |
| Registered charity number    | 1206650                                  |
| Chief administrative officer | Dr Roosa Leimu-Brown (Director)          |
| Charity's principal address  | 317 Woodstock Road,<br>Oxford<br>OX2 7NY |

## Names of the charity trustees who manage the charity

1. Irini Hatzimichali, chair
2. Jitka Fort
3. Morten Kringelbach
4. Jennifer Smith
5. Béatrice Pasquier
6. Sophie Brough

## Declarations

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

Signed on behalf of the charity's trustees:

|            |                                                                                     |  |
|------------|-------------------------------------------------------------------------------------|--|
| Signatures |  |  |
| Full name  | Irini Hatzimichali                                                                  |  |
| Position   | Chair of trustees                                                                   |  |
| Date       | 02/03/2025                                                                          |  |



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**MuMo Creative**

No (if any)  
**1206650**

**CC16a**

## Receipts and payments accounts

|                        |                             |    |                           |
|------------------------|-----------------------------|----|---------------------------|
| For the period<br>from | Period start date<br>Jan-24 | To | Period end date<br>Dec-24 |
|------------------------|-----------------------------|----|---------------------------|

### Section A Receipts and payments

|                                                       | Unrestricted<br>funds<br>to the nearest £ | Restricted<br>funds<br>to the nearest £ | Endowment<br>funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|-------------------------------------------------------|-------------------------------------------|-----------------------------------------|----------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |                                           |                                         |                                        |                                 |                               |
| Grants                                                | £ 4,295                                   | £ 80,473                                | £ -                                    | £ 84,768                        | £ -                           |
| Donations                                             | £ 3,822                                   | £ -                                     | £ -                                    | £ 3,822                         | £ -                           |
| Contracts                                             | £ 2,775                                   | £ -                                     | £ -                                    | £ 2,775                         | £ -                           |
|                                                       | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
|                                                       | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
|                                                       | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
|                                                       | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
|                                                       | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
| <b>Sub total (Gross income for AR)</b>                | <b>£ 10,892</b>                           | <b>£ 80,473</b>                         | <b>£ -</b>                             | <b>£ 91,365</b>                 | <b>£ -</b>                    |
| <b>A2 Asset and investment sales, (see table).</b>    |                                           |                                         |                                        |                                 |                               |
|                                                       | -                                         | -                                       | -                                      | -                               | -                             |
|                                                       | -                                         | -                                       | -                                      | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                                | <b>-</b>                               | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>£ 10,892</b>                           | <b>£ 80,473</b>                         | <b>-</b>                               | <b>£ 91,365</b>                 | <b>-</b>                      |
| <b>A3 Payments</b>                                    |                                           |                                         |                                        |                                 |                               |
| Artists fees                                          | £ 450                                     | £ 18,376                                | £ -                                    | £ 18,826                        | £ -                           |
| Administration fees                                   | £ -                                       | £ 3,000                                 | £ -                                    | £ 3,000                         | £ -                           |
| Accountancy fees                                      | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
| Office costs                                          | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
| Venue hire                                            | £ -                                       | £ 5,880                                 | £ -                                    | £ 5,880                         | £ -                           |
| Travel                                                | £ -                                       | £ 822                                   | £ -                                    | £ 822                           | £ -                           |
| Marketing and publicity                               | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
| Refreshments                                          | £ -                                       | £ -                                     | £ -                                    | £ -                             | £ -                           |
| Equipment                                             | £ 468                                     | £ -                                     | £ -                                    | £ 468                           | £ -                           |
| <b>Sub total</b>                                      | <b>£ 918</b>                              | <b>£ 28,078</b>                         | <b>£ -</b>                             | <b>£ 28,996</b>                 | <b>£ -</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>£ 918</b>                              | <b>£ 28,078</b>                         | <b>-</b>                               | <b>£ 28,996</b>                 | <b>-</b>                      |
| <b>Net of receipts/(payments)</b>                     | <b>£ 9,973</b>                            | <b>£ 52,395</b>                         | <b>-</b>                               | <b>£ 62,369</b>                 | <b>-</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>-</b>                                  | <b>-</b>                                | <b>-</b>                               | <b>-</b>                        | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>£ 9,973</b>                            | <b>£ 52,395</b>                         | <b>-</b>                               | <b>£ 62,369</b>                 | <b>-</b>                      |

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

| Categories                                                  | Details                                                                             | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>                                        | Metro Bank Business Community Current Account                                       | 9,973                              | 52,395                           | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             | <b>Total cash funds</b>                                                             | <b>£ 9,973</b>                     | <b>£ 52,395</b>                  | <b>-</b>                        |
|                                                             | (agree balances with receipts and payments account(s))                              | OK                                 | OK                               | OK                              |
| <b>B2 Other monetary assets</b>                             | Details                                                                             | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
|                                                             |                                                                                     | -                                  | -                                | -                               |
| <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>         | Details                                                                             | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
|                                                             |                                                                                     |                                    | -                                | -                               |
| <b>B5 Liabilities</b>                                       | 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                 |                                 |
|                                                             | Irini Hatzimichali                                                                  | Irini Hatzimichali                 | 2nd January 2025                 |                                 |
|                                                             |  | Jennifer Smith                     | 2nd January 2025                 |                                 |



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
MuMo Creative

On accounts for the year  
ended

31/12/2024

Charity no  
(if any)

1206650

Set out on pages

(below - one page only)

1 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2024**.

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

*Kathleen Parsons*

Date:

17/02/25

Name:

Kathleen Parsons C.A.

Relevant professional  
qualification(s) or body  
(if any):

Institute of Chartered Accountants of Scotland (ICAS)

Address:

42 Elmthorpe Road

Oxford

OX2 8PA

Section B

Disclosure

N/A