



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, Oxford 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 from	Period start date Jan-24	To	Period end date Dec-24
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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					
Grants	£ 4,295	£ 80,473	£ -	£ 84,768	£ -
Donations	£ 3,822	£ -	£ -	£ 3,822	£ -
Contracts	£ 2,775	£ -	£ -	£ 2,775	£ -
	£ -	£ -	£ -	£ -	£ -
	£ -	£ -	£ -	£ -	£ -
	£ -	£ -	£ -	£ -	£ -
	£ -	£ -	£ -	£ -	£ -
Sub total (Gross income for AR)	£ 10,892	£ 80,473	£ -	£ 91,365	£ -
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	£ 10,892	£ 80,473	-	£ 91,365	-
A3 Payments					
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	£ -
Sub total	£ 918	£ 28,078	£ -	£ 28,996	£ -
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	£ 918	£ 28,078	-	£ 28,996	-
Net of receipts/(payments)	£ 9,973	£ 52,395	-	£ 62,369	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	£ 9,973	£ 52,395	-	£ 62,369	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Metro Bank Business Community Current Account	9,973	52,395	-
		-	-	-
		-	-	-
	Total cash funds	£ 9,973	£ 52,395	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
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 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