

## Music In Our Bones Trustees Annual Report

1<sup>st</sup> January 2020 to 31<sup>st</sup> December 2020

### Reference and administration details

**Charity Name and Registered Charity Number :** Music In Our Bones 1166578

**Charity's principle address and contact:** Tracy Sharp 203 Ranelagh Road, Ipswich IP2 0AH

### **Names of Charity Trustees who manage the charity:**

Ian Heywood ( Chairperson, cheque signatory, Health and Safety officer )  
Elizabeth Gerrie ( Secretary, cheque signatory )  
Ian Flower ( Treasurer )  
Oliver Knowland  
Pamela Wagstaff ( Compliments and Complaints officer )  
Frances Blackwell ( resigned Nov 2020 )  
Allan Williams  
Judith Goldsmith ( Safeguarding Officer )  
Adrian Stannard-Smith joined November 2020

### **Structure Governance and Management**

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO)
2. It has a CIO foundation model constitution
3. If a new trustees is needed, gaps in expertise and experience are discussed at a trustee meeting and people known to the team are approached based on that discussion and prior professional and personal knowledge.  
Initial meetings with co-founders of Music In Our Bones are held to explore the role and the suitability of the post. If the post is suitable and the person approached able to meet the charity's needs the post of trustee is offered and accepted at this point.  
Access to Community Action Suffolk's Trustee training is offered if needed.
4. Four trustee meetings are held annually, one of which is the AGM. Decisions, if needed, can be agreed via email if a trustee is unable to attend.
5. Our Chairperson, Ian Heywood, is the named person able to deal with any major Health and Safety concerns, Liz Gerrie is our Secretary, Judith Goldsmith is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower, a retired accountant, checks all financial management issues and provides interim management reports at each meeting. Frances Blackwell resigned from her role in November 2020 and Adrian Stannard-Smith joined the 8 strong committee of trustees.
6. As Music In Our Bones has no offices, debts, or outgoings other than workshop delivery, there are few financial risks as if funding was insufficient, workshops would stop.
7. Music In Our Bones accounts are independently inspected by Accountants John Phillips and Co Ltd, Unit 81, Centaur Court, Claydon Business Park, Great Blakenham. Ipswich IP6 0NL.

## **Summary of the objects of the charity set out in its governing document**

To advance the education of amateur singers, primarily in Suffolk, of all abilities by offering an opportunity for anyone to sing with others, without an audition or former experience of choral singing, in particular but not exclusively, for Family Carers and for those with a disability.

## **Summary of main activities undertaken for the public benefit in relation to those objects**

Throughout 2020, the following inspiring and committed team of 8 self-employed singing leaders delivered our workshops and swiftly responded to the Covid pandemic by recording replacement singing sessions for You Tube and CDs, editing and creating those CDs, writing new songs from singers lyrics and being part of a telephone support network: Trish Bessell, Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Tracy Sharp and Denise Steward.

Music In Our Bones, in order to carry out its charitable purposes for the public benefit, ran the following:

### **Singing workshops pre-pandemic**

32 singing sessions Jan to early March created regular singing opportunities and the support that our singing communities offer to a total of 203 individuals.

We also supported Inside Out Arts Community with a sing for people in recovery from serious mental health distress and in-patient stays, the session supporting their community to celebrate the lives of two of their members who had recently died.

Total individuals benefitting from 32 singing sessions ( regular sessions plus outreach ) = 227

Total new singers attracted to our regular groups Jan – early March = 42

## **Achievements and Performance**

Our main achievements this year really lay in our swift response to the pandemic and the impact of that work.

### **Reaching out in new ways**

#### **1. Creation of a You tube channel to continue to offer the benefits of singing via an on-line connection**

We filmed replacement singing sessions and created a you tube channel to stay in touch with those people singing with us who are confident with on-line contact. Links to singing sessions were sent out via email and facebook:

**9 once monthly you tube singing sessions have reached 250 singers ( plus a photo montage of the garden sings ). Our sessions dipped in the good weather when more socialising was allowed to 143 views but returned in November and December to 400+.**

As the months went by, and aware of how imprisoned many of our older singers in particular were by the pandemic, we decided to use the filming as an opportunity to take people out alongside us sharing beautiful places we loved with everyone. Sings from Stutton riverside, from Badley and Redgrave Church and from Helmingham Hall gardens have all been received with both appreciation and enthusiasm by our singers.

People can access You Tube either as complete sessions or as single songs.

### **Pandemic Legacy.**

As can be seen, a large bank of songs to learn now exists as a tremendous legacy of this period for anyone interested to access on-line.

<https://www.youtube.com/channel/UCWFbkDYiQj04qladxUaz0xQ/videos>

A breakdown of our contacts :

We have stayed in touch via email on a fortnightly basis with 250 participants:

- 60 Lifting Spirits singers

**This is inspired, very beautiful, and so very welcome. Thank you so much.** ( singer who lives alone without immediate family)

- 89 HeartSong singers in the Gt Blakenham, Bury and Lowestoft groups
- 20 Musical Memories singers, 12 managing life with dementia and 8 volunteers

**Your latest you tube session is absolutely brilliant. A lovely church great acoustics & harmonies that lift one ever upwards. What joy, thank you so much.** (Family Carer whose wife lives with dementia)

- 17 Songlines singers managing life as stroke survivors and friends
- 48 Music In Mind singers

**"It is a wonderful wonderfully calming recording, and I really feel your lovely warm hearts coming through to us at home – thank you, all of you"** ( singer living alone managing anxiety issues )

- 7 WellSpring singers

- Approx. 15 women via Suffolk Refugee Support's International Women's Group Whats App received 5 fortnightly songs to learn with their children as well as the monthly you tube replacement sings.

### **Partnership Work**

These links to sessions been forwarded to organisations we work closely with:

- Dementia Together
- Suffolk Family Carers
- Inside Out Community
- Suffolk Refugee Support's What's App connection with their International Women's Group
- Margery Girling House Very Sheltered Housing using the CDs to encourage sing alongs with residents now able to socialise with each other though not other than 1-1 with family
- Memory Lane Dementia Café's members via an emailed newsletter
- Trianon and community singing groups SongRise and YoxVox
- Plus an article with links published in Age Space Suffolk

**We are working on extending these connections to ensure that resources now produced are as useful as possible and freely available locally to vulnerable people living both in the community and in residential and nursing homes, many of whom may well be unable or unwilling to socialise in the months to come until everyone has received the both doses of the vaccine.**

### **Zoom singing sessions**

Zoom singing alongside one another has offered an important sense of continued connection with other group members and with singing leaders for those with internet. Feedback suggests it also gives people a real lift of energy even though you only can only hear yourself and one singing leader singing. Break out rooms have allowed important sharing within groups to happen; grief, loss, illness as well as the joys of new birth and seasons changing, friends and family events outdoors etc. Peer support continues to flow both at these, and via the calls and walks people organise independently.

**12 individuals were offered 1-1 support over the phone in order to access and become confident using zoom by Janine Tompkins our administrative support – a wonderful and necessary piece of work to increase our singers' confidence using IT at this vital time.**

4 Half termly zooms reached:

Lowestoft HeartSong 17 singers ( averaging 12 )

Music In Mind 25 singers ( averaging 10 )

**"That was a fantastic, funny, and emotional singing session that you all put on. Seeing other of our singers was great. A warm way to finish the season."**

HeartSong Great Blakenham 18 singers + HeartSong Bury 11 singers ( run as joint zoom averaging 13)

**"After our Zoom Sing, I felt so much calmer, and relaxed, and so happy. N. enjoyed yesterday's Sing too. It was nice to sit together and sing together. Singing helps N. enormously, enduring Parkinson's through distraction I'm very glad to say. Also, Singing helps his speech too." ( Family Carer prone to depression her partner living with Parkinsons.**

Lifting Spirits 27 singers ( averaging 15)

**"I can't tell you how lovely it was to see you all tonight... a real tonic. It was fun." ( Family Carer managing challenging NHS job as well as son with mental and physical health issues )**

Musical Memories 19 singers + WellSpring 2 singers ( averaging 10 )

Songlines 13 singers ( averaging 6 )

**24 Zooms were attended by a total of 131 singers and as some people attended more than one group 116 individuals were reached from our groups**

### **OUTREACH ZOOMS**

Stroke Survivors zoom Christmas zoom – reaching 18 new people

Memory Lane zoom – reaching 12 new people managing life with dementia plus 2 volunteers

**Outreach zooms allowed us to sing with a further 30 new people**

### **GARDEN SINGS IN SEPTEMBER 2020**

These took our singing out to people in their gardens, or meeting in Brickmakers Wood which offered us privacy and some shelter ( though photos of people under umbrellas suggests not always enough!) Group size was restricted to 4 plus two singing leaders.

### **Musical Memories**

3 garden sings reaching 12 singers ( Family Carers and their partners )



### **WellSpring**

2 gardens sings at Margery Girling volunteers from the community singing to residents in the lounge from the group reaching 18 singers





### **Music In Mind**

4 garden sings reaching 13 singers



### **Lifting Spirits** 3 sings reaching 12 singers



“Thank you so much ...that was beautiful! Brought back memories of our wonderful sing together. It was lovely to see all the other happy singing faces too, left me with a warm glow and what a perfect song...made me feel quite emotional!” on receiving the photo montage.



## HeartSong Great Blakenham

2 garden sings reaching 5 singers



## Songlines

4 garden sings reaching 7 singers plus 12 residents and 4 staff singing outside Emily Bray House where one of our singers lived.



**These allowed us to sing directly with 67 of our singers  
plus 16 people from Emily Bray House.**

<https://www.youtube.com/watch?v=yt1iLMSBDLA&t=7s>

This photo montage conveys everyone's delight at meeting up again to sing. The 194 views once again express something of the value of these sessions to our singers and their wider circles of support.

“It was very moving to hear the music and see all the faces of everyone. Emotions happy but poignant to see what we’ve been missing. A big thank you all as always for making this possible.”  
( Music In Mind singer managing the loss of her first grandchild at birth, unable to be with and to comfort her daughter )

## **Encouraging Connection through Creativity during lockdowns**

### **SONGWRITING - CO-CREATION WITH OUR SINGERS**

Some original songs have been written by singing leaders to be enjoyed by everyone and a positive part of the legacy of this difficult time. Denise Stewards’s ‘Put on the big light’ has gone down a storm

<https://app.box.com/s/w902wzqfwg0zj1hbtrwp2r9199b282z1/file/663449173356>

and Ian Heywood has both written some new material and created two CDs specifically with older singers in mind featuring songs from the 50s and 60s which can be easily shared within residential or nursing homes as a useful resource. We have also shared Helen Hayes’ ( our colleague in the north of the county) singing and zoom sessions especially those targeted at people with dementia.

Our singers have been encouraged to send in song lyrics which Denise and Ian have put to music, the recordings of these songs then being sent out via our CDs. Clearly a huge boost to those involved hearing their songs come to life like this.

### **Barriers faced by people with on-line contact**

Our telephone calls to our singers revealed that many of our singers

1. are not on-line
2. use their computers in very limited ways to stay in touch with family and lack the confidence to open links etc “ My wife ( a stroke survivor ) can only access the computer when I am around and not working on it, please can she be sent CDs”
3. have no private space at home, often sharing their laptop with other family members
4. cannot afford the broadband speeds needed to access You Tube.
5. were spending too much time on-line and finding that, in itself, a stressful part of lock down.

Thus, whilst we THOUGHT we were communicating well with our singers, we realised that many simply hadn’t even opened the links, or tried any of our sessions! A new approach was needed!

### **2. Recording and creation of fortnightly CDs**

To overcome these issues we began to offer our singing sessions as CDs to anyone who chooses to receive them that way. Supported by Suffolk Coronavirus Community Grants, we have been able to achieve this.

### **POSITIVE OUTCOMES FROM THESE REPLACEMENT SINGING SESSIONS.**

1. MAINTAINING CONNECTION. CDs arrive as ‘gifts’ demonstrating to singers with us that they still really matter to us

“In these very trying times when we could have done with a lift in the situation, we had your latest CD come through. I think on arrival I played it over six times straight off. I have taken 1 or 2 to my wife. Thank you for keeping a light in the sky.” ( Family Carer from Music In Mind who has shared the



CDs with his wife in nursing care who he wasn't allowed to visit for much of the year but 'saw' via his i-pad and a carer)

2. CONTINUED THE BENEFITS OF SINGING ITSELF RELAXING AND IMPROVING THE MOOD OF OUR SINGERS. Listening to CDs takes people away from their screens, encouraging them to sit down and relax and enjoy the lift of singing

"Thank you, thank you for the most recent two. There are some wonderful songs on them, and everything you have sent out gives me so much pleasure. Glimmers of light amongst the grey."  
( Music In Mind singer who lives alone isolated in the pandemic )

"I really appreciate the C.D.s that you have been sending to me and would appreciate you carrying this on. They have helped me through this worrying and lonely time very much." ( Lowestoft HeartSong singer who lives alone )

3. CDs PROVED TO BE HIGHLY ACCESSIBLE WAY OF ACCESSING SINGING. They are easily included in everyday life. Singers have told us they listen and sing along whilst getting on with other things, whilst ironing or washing up in the kitchen, or working on some art or craft project for example! They are also portable and so can easily be taken to a private space to dance and sing along with, or played in the car, uninterrupted by the demands of the rest of the family!

'You really are bringing it into the front room. It comes over ever so well. You really get the impression you're really there' ( Musical Memories Family Carer )

"X has asked me to send a request for further CDs please – as it's so much easier for her to listen to and sing along to her CDs – she has a CD player in our dining room, and she listens to you when doing the ironing – amongst other things!! Many thanks – especially for all your efforts and thoughtfulness for the Stroke survivors." ( husband of stroke survivor from Songlines )

4. OVERCOME ISOLATION . Listening to our voices and singing along to known songs has allowed an emotional connection to be maintained with our singers, reaching out to those who are feeling very alone.

"Am loving the CDs, I put them on when I feel lonely, and they really cheer me up." (Music In Mind singer who lives alone and manages life with depression.)

' We're just trying to live for the day. P. just sits there and I feed her coffee and piece of cake and we listen to our CDs. And quite frankly, sitting with our coffee and what not, it couldn't have been better for us than us all being together at Great Blakenham. Your voices come over so well. Really it's glorious. Thank you" ( Musical Memories Family Carer who other than medical appointments was rarely able to leave the house throughout the year )

5. ENCOURAGEMENT THROUGH DEVASTATING, FOR SOME ,TIMES.

"Thank you for new CD its been awful recently with several staff members and tenants having covid over xmas. Hopefully we are now recovering and free of it but very emotional time." ( worker at Margery Girling sharing our CDs with WellSpring and other singers regularly )

**CD requests have varied from 145 to 169 households fortnightly. 12 CDs were sent to Musical Memories, Songlines and WellSpring singers, 11 to everyone else approximately one a fortnight, term time only, throughout the pandemic. The song leader team regularly recording in a large space at Red Gables as well as Ian Heywood, Denise Steward and Trish Bessell recording for us at home made this feat possible.**

**1620 tailor-made CDs have been enjoyed during the year by 169 people, our singers mostly receiving fortnightly CDs through the post.**

### **Volunteer Support**

A wonderful volunteer has helped by taking over the practicalities of packaging, sticking on address labels and posting these.

The new role has helped lift this volunteer from the profound depression into which she'd fallen. With all of her sense of purpose being taken away with groups closing she was simply sleeping her way through most days. The lockdown triggered memories for her of despair, self-harm and hopelessness from her past. Having a sense of purpose again in handling this job, having to get up to do something for others, is proving to be a life-line, one which is slowly allowing her sense of self-worth to re-emerge.

### **Telephone support**

We phoned all our singers to check if they are in contact with a supportive network of people. Those who are facing additional loneliness, or increased isolation and stresses of managing illness, disability or a caring role, or a particularly challenging time (facing cancer treatment, bereavement etc) if interested, have been put in touch either with a singing leader who calls them or a member of their group who is keeping in touch. Volunteers from our groups have been extraordinary in their support of others often devoting several hours to these calls weekly or fortnightly. Relationships have been deepened and new friendships made in the process, crises have been averted and when necessary vital emergency help asked for via the safeguarding route.

Our telephone supporters were sent guidance on confidentiality and the importance of offering a sensitive listening ear without feeling responsible for the person they are calling.

Singing leaders and the support of 12 volunteers in particular have ensured that the most vulnerable, isolated and challenged from our groups have been offered regular often weekly telephone support. A Whats App group set up for our dementia specific group has been an important lift to some of its members, and regular txts have supported people managing very difficult caring roles.

In two cases referrals were made for external support, one to a community mental health team and one via safeguarding when an exhausted carer was no longer able to cope with his wife's Lewy Bodies dementia.

Much of our telephone support has concerned grief. Loss of role, identity and actual loss of family and friends, a few due to Covid but mostly due to other health issues but with grief made harder to bear due to not being able to be with, or to comfort as a community at funerals, not to be able to hold those known to be suffering most.

**FEEDBACK ON BENEFITS OF OUR VARIED 'OUTREACH' THIS YEAR** Replies from our group members via facebook, email and calls reveal the following themes.

Our You Tube and CD sings continues to offer people:

**a. Mental health benefits - a lift to spirits and the chance to 'feel'**

Just to thank you for the CDs you sent. I really just love sitting in my chair and letting the music wash over me and just joining in with the singing in a gentle, relaxed way, it lifts my mood in the best way possible. ( Lowestoft HeartSong singer living alone)

I have just sung two songs from your March workshop 2 in my bedroom. I can't THANK YOU enough. It was the best half hour I've spent in ages ( a woman in mental health recovery from Music In Mind)

I've played my CD, had a lovely sing and a little weep too! It's smashing. ( Music In Mind singer who lives alone )

When you guys sing together the cares just melt away. Your harmonies make the hairs on the back of my neck stand to attention! Close your eyes and be transported! ( Family Carers Musical memories)

Thanks for this. Much needed distress for tomorrow! (Music in Mind Family Carer )

You are brightening my life! (Lifting Spirits singer)

**b. the knowledge that everyone is still a valued part of their singing community**

I have just felt snowed under and overwhelmed, not coping well at all recently, including use of the internet. I am sending you all a virtual hug (is that what we do and call it now?!?). That in fact brings tears to my eyes as I could really do with a real one. I am still struggling more than I realise sometimes. It is not always possible to pretend to be fine is it? Here's hoping we will be able to meet up one day before too long. I am pretending and imagining now that we are in the village Hall in Blakenham right now!! That's better. HeartSong Family Carer struggling with anxiety herself and living alone

The Track " I now know what my arms are for" I really liked and could really relate to. I put the CD in with Mary's card. I could feel the love and Mary has at last got to hear your music thank you all for what you give to us. Music In Mind singer who's been unable to visit his wife who lives with dementia in a nursing home

It was good to sing those familiar songs along with you. Such care and support keeps the threads of our singing family together while we can't meet. ( Lifting Spirits singer who lives alone )

Thanks for the CD this week. It was nice to get something lovely through the post  
( Wellspring singer living alone in her 80s )

**c. HOPE and the reassurance of being able to look back to a happier past and forward to a happier imagined future**

Thankyou so much for all you do to help us during this very strange time. It gives us hope that things will eventually get back to normal although as you say we will have to take one step at a time. Music In Mind singer mangaging depression and anxiety and living alone



When I listen, I am reminded of happy days and that more of those happy times will come.  
( Heartsong singer living alone)

It's lovely to hear familiar songs that remind us of a different time. It suddenly seems like only yesterday. They immediately evoke the spirit of our meetings! ( Heartsong singer who lives alone )

The sound of your voices will be a lovely, enduring reminder of the better side of lockdown and something to look forward to 'live' when it's all over. ( Lifting Spirits mental health Family Carer )

All your team work from Music In Our Bones is so much appreciated and is a cushion carrying us through until we can sing together again ( lifting Spirits singer )

**d. A way of combatting isolation with a singing connection that takes people to a different place**

Thank you for your posts over the past boring months! I loved the cds and have listened to them over & over. Lowestoft HeartSong singer with Parkinsons disease living alone

I really appreciate the C.D.s that you have been sending to me and would appreciate you carrying this on. I have used them and the CDs have helped me through this worrying and lonely time very much. Bereaved HeartSong singer living alone

I'm truly missing the social aspects of my life. That's why I'm really really happy that I can actually SEE you smiling on my lap-top whenever I feel the need for company and a jolly good sing. Feels like I'm with you while I'm watching it! ( Music In Mind singer )

I'm really enjoying all these sessions. I can dance round the room and sing at the same time!  
( Lifting Spirits singer who lives alone)

**e. For people managing life with dementia a place of safety and comfort - a renewed connection with a loved group and a return to a former self**

Your CD was a pleasure to listen to. P and I put it on after lunch and had a lovely singalong to it. Well P's been nodding and smiling you know. I have all the CDs on the shelf now and when our carer came in last night I put on our opening song for her and said 'this is how we carry on at Great Blakenham!' We won't be going anywhere til June and maybe not far after that as we've had our letters, because of my prostate cancer and P's dementia so the CDs coming really help. And I had a lovely call from X from the group, talked away for half an hour yesterday and then J ( volunteer ) rings every week. So thank you for all you're doing. ( A Family Carer in his late 80s from Musical Memories whose wife has advanced dementia and can no longer talk )

Thanks so much for the CD which arrived yesterday. As soon as N heard the intro, his face lit up! It sounds great, thank you for all the work you both put into it. Have been enjoying our Musical Memories what's app group too. ( A Family Carer in Musical Memories)

A Family Carer described the heart-warming effect that playing our CD through the TV had on his wife, who struggles with Lewy Body Dementia:

"M immediately got up, went to the screen, said "Oh hello hello!" dragged her chair to be nearer the source of the sound and sang through the whole CD with me (her husband) joining in in the background."

This was such a great chance to rest and relax together for a sing as M is often agitated and is always wanting to go out to see people.

## **PROACTIVE OUTREACH TO PEOPLE FROM OTHER CULTURES**

A Community Lottery Awards for All grant has enabled our link with the Suffolk Refugee Support to be continued although many of the original women we sang with have moved on, having new babies, or into education. The pandemic sadly stopped our gatherings but contact was maintained throughout the year with the International Women's Group, 3 women asking to receive regular CDs and 5 songs for children were filmed by Fran and Tracy to support women so often caring for children at home in difficult situations and our replacement sings on you tube being were sent. These have been passed on using Whats app via the group's new leader. We hope to get involved in the year ahead via zoom with workers and volunteers from Suffolk Refugee Support too.

## **IMPROVING COMMUNICATION INTERNALLY AND EXTERNALLY.**

- Once half termly singing leader zoom meetings have helped support singing leaders to look after each other and to share our hopes and ideas moving forward in response to all we have learnt via phone calls from our singers. Twice weekly management zooms have been vital in adapting to changed needs creatively and in synthesising all we were discovering through our telephone support.
- **WEBSITE DEVELOPMENT.** Janine Tompkin our self-employed administrator has supported the development of the charity by working with Tracy throughout the year to develop a new website with links to other useful organisations and access both to a gallery of photos and to our You tube channel. It is a real resource for all our singers, to anyone enquiring and another great legacy of the year.  
<http://musicinourbones.com/>
- **ENABLING ON-LINE COMMUNICATION** Janine also supported 12 individuals to help them to start using zoom successfully, overcoming their anxieties and their isolation and linking them up to singing sessions with their group

## **Celebrations performances and fundraising**

Sadly all these had to be cancelled. An amazing £3000+ however has been sent in as voluntary donations from our singers as a thank you for our continued support.

We need to be mindful however that this is less than a third of what would usually have been raised from regular donations at singing sessions and our fundraising efforts.

Our success securing Coronavirus Emergency funding has this year, at least, allowed us to sustain our reserves at a term's worth of full costs - a positive way to enter the new year.

## **EVALUATION**

Critical to successful applications for funding in the future is our ability to accurately capture the varied ways in which singing with Music In Our Bones can change people's lives positively.

This year has been spent largely dealing with the sense of crisis and endless changes everyone has had to cope with during the pandemic, trying to adapt our offer to ensure continued support and encouragement from us all. Formal evaluation has not been appropriate as so many of our singers have been only just coping and we haven't wanted to burden them with written 'work'. However, feedback via our singers comments have been constant and hugely encouraging as evidenced above. In addition we have tried to capture the impact of our work in the following ways.

1. PHOTOS Taking photos at our garden sings allowed us to capture the delight everyone felt at singing with one another and having an event in their diaries to look forward to. <http://musicinourbones.com/galleries/gallery-lifting-spirits/>
2. FACEBOOK has been a vital way of enabling us to share our replacement singing sessions via you tube channel. This has proved very popular and we now have 189 'followers' up 38 from last year. ( Our first you tube singing session reached 500+ people and most singing sessions were enjoyed by 120-130+ people)  
<https://www.facebook.com/musicinourbones/>
3. SINGING LEADERS REFLECTIVE FEEDBACK Jennie Fran and Tracy met via zoom twice weekly to plan our work but also discuss and record significant news and feedback from our singers ensuring that crises whenever possible were avoided and help offered when needed. Case studies have been written from these diaries. Our telephone calls have revealed powerful information about the often compound difficulties and disadvantages people are managing.
4. WRITTEN EVALUATION VIA EMAIL AND FACEBOOK. As we haven't seen many of our singers, we haven't asked anyone for written feedback though a huge amount of positive impact has been sent in voluntarily via emails and facebook. Zooms as we emerge from the pandemic will include time reflecting on the impact of our offer.

## **PARTNERSHIPS 2020**

Our partnerships with Suffolk Family Carers, the Stroke Association, Suffolk Refugee Support, Sue Ryder's Dementia Together Service, Inside Out and remain strong. Our zoom outreaches with all but Suffolk Family Carers have offered us rich time with partners supporting their work and enabling us to reach new people in song.

## **FINANCIAL REVIEW**

### **POLICY ON RESERVES**

Music In Our Bones' aims to hold sufficient reserves to cover a 3 month period delivering all the singing projects we run. This requires the sum of approximately £10 000 to be accrued as this reserve. This has been achieved and added to in 2020 as the charity carried forward £12 554.

These strong reserves will help major bids in 2021 which require evidence of sustainable and sound financial management. The funds are also vital as they ensure sustainability for our singing communities if bids for funding are unsuccessful. Our reserves will be used to support unfunded projects whilst further applications are made to cover their costs.

### **DEBTS**

Music In Our Bones had no debts in 2020.

## **FUNDING APPLICATIONS AND PRINCIPLE SOURCES OF FUNDING**

We are hugely grateful to our funders in 2020 and to the support of the Suffolk Community Foundation. We were funded this year from generous donations of people who sing with us and from the following funders:

Our major source of funding in 2020 came via Suffolk Coronavirus Community Grants, Community Lottery Awards for All plus a Coronavirus Emergency Grant; Arts and Culture Fund: Suffolk Community Foundation JA Private Funds: the David and Jill Simpson, David Family and Maurken Funds : the last term of two years Henry Smith County funding : the Tudwick Foundation; Stowmarket, Bury and Ipswich Councillor and County Councillor



Locality Grants : Ipswich Borough Council's Community Chest Grant: D'Oyly Carte Foundation and Adnams Community Trust Grant.

Successful bids written in 2020 meant that we entered 2021 with the following in place:

**HeartSong: Gt Blakenham and Musical memories** – part funded Maurken Fund.  
Application for a Family Carer Grant applied for.

**HeartSong Bury** – currently unfunded. Family Carer Grant applied for with development of work with stroke survivors and people managing Parkinsons with their partners planned.

**Heartsong Lowestoft** – part funded by Adnams Community Fund, application planned for Essex and Suffolk Water in 2021.

**Stroke Songlines** part funded by Suffolk Fund Private JA for a second year.

**Lifting Spirits** – fully funded until July 2020 by Awards for All and Lottery Coronavirus Emergency Funding

**Wellspring** fully funded by David Family Fund until end of May 2021. **The group will close at the end of July 2021. This is due to it being unlikely that group singing indoors (alongside people from the community unrelated to residents) will be encouraged in the foreseeable future in nursing homes given the vulnerability of all concerned.**

**Music In Mind** part funded by Tudwick Trust and Ipswich Borough Council

## **DEVELOPMENT PLANS**

**2<sup>nd</sup> Musical Memories Bury** group to be started in 2021 following on-line Singing for the Brain training sessions to be attended by Mark Coburn and Tracy Sharp. 8 zooms sessions will then be run to attract new couples and support our own singers managing life with dementia on a voluntary basis for the Alzheimer's Society in 2021.

Continued development work with Suffolk Refugee Support initially joining their International Women's zoom group.

## **DECLARATION**

Music In Our Bones Trustees 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

The trustees declare that they have approved the 2020 trustees report above

Signed on behalf of the charity's trustees

IAN HEYWOOD ( Chair )..... date:.....

IAN FLOWER ( Treasurer ).....date.....

ADRIAN STANNARD-SMITH ( Trustee).....date.....



**Report of the Trustees and  
Unaudited Financial Statements  
For The Year Ended 31st December 2020  
for  
Music In Our Bones**

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL



# **Music In Our Bones**

## **Contents of the Financial Statements For The Year Ended 31st December 2020**

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# Music In Our Bones

## Report of the Trustees For The Year Ended 31st December 2020

The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Charity number

1166578

#### Principal address

203 Ranelagh Road  
Ipswich  
Suffolk  
IP2 0AH

#### Trustees

I Heywood  
Mrs E Gerrie  
I Flower  
O Knowland  
Mrs P Wagstaff  
F Blackwell-resigned 25 November 2020  
A Williams  
Ms J Goldsmith  
A Stannard Smith-joined 25 November 2020

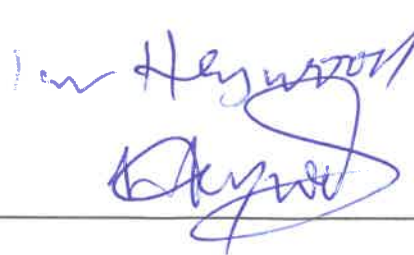
#### Independent Examiner

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Approved by order of the board of trustees on 12<sup>th</sup> May 2021 and signed on its behalf by:

  
Trustee

IAN FLOWER (TREASURER)

  
Ian Heywood (Chair)

## **Independent Examiner's Report to the Trustees of Music In Our Bones**

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### **Independent examiner's report to the trustees of Music In Our Bones**

I report to the charity trustees on my examination of the accounts of Music In Our Bones (the Trust) for the year ended 31st December 2020.

### **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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

Date: .....27 May 2021.....



## Music In Our Bones

### Statement of Financial Activities For The Year Ended 31st December 2020

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		3,983	29,222	33,205	40,708
<b>EXPENDITURE ON</b>					
Running Singing Workshops	2	5,646	29,976	35,622	41,316
Other-Accounts Review		540	-	540	570
<b>Total</b>		<b>6,186</b>	<b>29,976</b>	<b>36,162</b>	<b>41,886</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>(2,203)</b>	<b>(754)</b>	<b>(2,957)</b>	<b>(1,178)</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		14,753	16,948	31,701	32,879
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>12,550</b>	<b>16,194</b>	<b>28,744</b>	<b>31,701</b>

#### RELATED PARTY DISCLOSURES

During the year to 31 December 2020, there were three related party transactions. Ian Heywood (Trustee) and Fran Flower (wife of Ian Flower Trustee) both acted as workshop leaders on an occasional basis during the year, both being paid on the same basis as other workshop leaders. Ian Heywood received £1075 and Fran Flower £520. Liz Gerri (Trustee) received £14 expenses as a volunteer, being paid on the same basis as other volunteers.


The notes form part of these financial statements

# Music In Our Bones

## Balance Sheet 31st December 2020

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	5	-	-	-	300
Cash at bank		14,088	15,806	29,894	32,051
		<u>14,088</u>	<u>15,806</u>	<u>29,894</u>	<u>32,351</u>
	6				
<b>NET CURRENT ASSETS</b>		<u>14,088</u>	<u>15,806</u>	<u>29,894</u>	<u>32,351</u>
<b>ACCRUALS AND DEFERRED INCOME</b>	8	(980)	(170)	(1,150)	(650)
		<u>13,108</u>	<u>15,636</u>	<u>28,744</u>	<u>31,701</u>
<b>NET ASSETS</b>					
	9				
<b>FUNDS</b>				12,550	14,753
Unrestricted funds				16,194	16,948
Restricted funds				<u>28,744</u>	<u>31,701</u>
<b>TOTAL FUNDS</b>				<u>28,744</u>	<u>31,701</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12<sup>th</sup> May 2021 and were signed on its behalf by:

  
Trustee  
Ian Fowler (TREASURER)

 (Chair)

The notes form part of these financial statements

# Music In Our Bones

## Detailed Statement of Financial Activities For The Year Ended 31st December 2020

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	3,983	12,381
Grants	29,222	28,177
CD Sales	-	150
	<b>33,205</b>	<b>40,708</b>
<b>Total incoming resources</b>	<b>33,205</b>	<b>40,708</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Insurance	167	134
Postage and stationery	3,039	725
Publicity	30	1,272
	<b>3,236</b>	<b>2,131</b>
<b>Other trading activities</b>		
Tutor Fees- Workshops	21,864	23,703
Training- Workshops	2,701	4,648
Governance and Development	3,453	3,662
Respite- Workshops	112	802
Other- Workshops	-	10
Venue Hire- Workshops	2,177	3,708
Volunteer- Workshops	14	2,102
Transport- Workshops	130	400
CD Production	1,785	60
Fundraising Costs	-	90
Workshop-Leaders Meetings	150	-
	<b>32,386</b>	<b>39,185</b>
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	540	570

This page does not form part of the statutory financial statements

## Music In Our Bones

### Detailed Statement of Financial Activities For The Year Ended 31st December 2020

---

	2020	2019
	£	£
Total resources expended	<u>36,162</u>	<u>41,886</u>
<b>Net expenditure</b>	<u><u>(2,957)</u></u>	<u><u>(1,178)</u></u>

This page does not form part of the statutory financial statements



**Report of the Trustees and  
Unaudited Financial Statements  
For The Year Ended 31st December 2020  
for  
Music In Our Bones**

John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
Claydon Business Park  
Gt. Blakenham  
Ipswich  
Suffolk  
IP6 0NL

# **Music In Our Bones**

## **Contents of the Financial Statements For The Year Ended 31st December 2020**

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# Music In Our Bones

## Report of the Trustees For The Year Ended 31st December 2020

The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

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Ms J Goldsmith  
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John Phillips & Co Limited  
Accountants  
Unit 81 Centaur Court  
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Trustee

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Ian Heywood (Chair)

## **Independent Examiner's Report to the Trustees of Music In Our Bones**

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# Music In Our Bones

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Trustee  
Ian Fowler (TREASURER)

 (Chair)

The notes form part of these financial statements

# Music In Our Bones

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## Music In Our Bones

### Detailed Statement of Financial Activities For The Year Ended 31st December 2020

---

	2020	2019
	£	£
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<b>Net expenditure</b>	<u><u>(2,957)</u></u>	<u><u>(1,178)</u></u>

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