

Music In Our Bones Trustees Annual Report

1st January 2017 to 31st December 2017

Reference and administration details

Charity Name and Registered Charity Number :

Music In Our Bones 1166578

Charity's principle address:

203 Ranelagh Road, Ipswich IP2 0AH

Names of Charity Trustees who manage the charity:

Ian Heywood (Chairperson and cheque signatory)
Elizabeth Gerrie (Secretary and cheque signatory)
Ian Flower (Treasurer)
Louise Burrows
Claire Cordeaux
Oliver Knowland
Pamela Wagstaff
Frances Blackwell
Allan Williams

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 is the named person able to deal with any major Health and Safety, Safeguarding issues or Complaints. Our Treasurer, a former accountant, checks all financial management issues and reports at each meeting.
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.

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

In 2017, with an inspiring and committed team of 7 self-employed singing leaders, Music In Our Bones, in order to carry out its charitable purposes for the public benefit, ran the following:

Singing workshops

138 singing sessions creating regular singing opportunities and the support that our singing communities offer to a total of 358 individual attendees.

12 taster singing workshops reaching a further 155 people managing long-term mental and physical health issues. These were offered at disease or issue specific support groups

We led singing at two conferences, one for Parent Carers, one for the East of England Stroke Conference which in total reached approximately 160 people

Total individuals benefitting from 152 singing sessions = 673

Total attendance at regular singing sessions = 2693

Achievements and Performance

Our main achievement this year lay in sustaining our 8 singing communities whilst developing the volunteering strand of our work to offer a sense of progression and increased involvement for our regular participants as well as a greatly enriched experience at outreach singing sessions.

We increased our total attendance figure from 2016 so that whilst very slightly fewer individuals were reached regularly (17) , our 358 regular attendees came to more sessions in the year increasing our total regular attendance figure by 422.

FUNDING

We are hugely grateful to our funders in 2017 and to the support of the Suffolk Community Foundation. We were funded this year from the generous donations of people who sing with us, from our own fundraising efforts and from the following funders:

Suffolk County Council Family Carers Innovation Grant : Bluebell and Acorn Trusts: Pargiter Trust: Port Community Fund : D'Oyly Carte Foundation : David and Jill Simpson Fund : Fonnerau Road Foundation : Suffolk MIND



MUSIC IN OUR BONES SHARING THE BENEFITS OF SINGING AT CONFERENCES

Fran Jennie and Ian led singing at a Parent Carers Conference in Essex, teaching a song written to empower parents by Ian 'If I can't speak what is my voice for?' and here are Denise, Tracy and Mark in action at the East of England Stroke Conference leading Bamba Layla 'Never Give up'

Parent carers fed back the following:

Good creative end with Music in our Bones - very apt
Loved the music - what a fantastic idea!
Singing was great - very relaxing!

We reached people with our regular singing workshops via the following fortnightly (or once monthly) singing communities:

HEARTSONG



32 (HeartSong) singing workshops were run, targeting in particular Family Carers and people managing long-term conditions once monthly in the Ipswich Bury and Lowestoft areas. These have benefitted 90 individuals.

This figure is 25% down from last year due we believe to no longer having Suffolk Family Carer links with support groups which now are run by volunteers. Whilst visits were made to SFC staff with fliers, their assessment work in reality leaves little time for such signposting. We need to use their social media and email contacts with Family Carers more in the year ahead, but know this is unlikely to lead to new singers. Planned outreach sings are a must for 2018.

Gt Blakenham Average attendance = 18 (attracting 6 newcomers)

Bury Average attendance = 16 (attracting 14 newcomers).

Lowestoft Average attendance = 15 (attracting 1 newcomer)

Why do people come?

My depression is on-going, but HeartSong helps me enormously. It uplifts me, relaxes me, helps me in my role as a 24hr carer.

During the time I have attended HeartSong my husband's condition has deteriorated and he has moved into residential care. HeartSong provides a lovely activity for us to do together outside of the care home setting. We both look forward to it.

Being among people who have compassion and understanding of how hard it is to cope with everyday life and to sing is a joyous feeling.

HeartSong has, and does help, every month as sometimes it is the only thing I have to look forward to. I believe it goes a long way to helping me from total despair.

I began counting the days to the next sing, as I cycled home from the May sing. How precious it is, to me.

MUSICAL MEMORIES

MUSICAL MEMORIES

21 (Musical Memories) singing workshops were run in Gt Blakenham for people managing dementia and their partners or adult children.

25 people with dementia or Family Carers benefitted from this project which was wonderfully supported by a team of seven trained volunteers. Average attendance of 13 of whom 7 were visitors, family members and volunteers from other organisations. (attracting 7 newcomers)



Why do people come?

The sessions have helped me adjust to living with dementia. Sometimes the world seems hostile. I always feel completely accepted and understood.

It's something to look forward to. It is like a ray of sunshine once a month to boost the energy in order to cope with the darkness.

It offers me a sense of feeling supported and appreciated. I feel calmer and better able to face the week ahead.

Musical Memories gives the motivation for my husband to want to get up shower and dress – generally look forward to singing – being with others as a couple a Mr and Mrs not a 'carer and cared for'

LIFTING SPIRITS



LIFTING SPIRITS 19 (Lifting Spirits) singing workshops were run in Ipswich focussing on women who benefit from it being women only project.

We sang with 66 women an almost 20% increase from 2016. Average attendance = 25 (attracting 37 newcomers)

Here everyone is celebrating with our funders from Poundgates.

Why do people come?

The women who run the group create a safe women only space that is respectful of difference, welcoming for all.

Singing has been very expressive, allows the words to say how you are feeling. The harmonies of singing together ease away tensions. Always makes me smile.

Being involved in any group is stressful for me but involvement with Lifting Spirits lessens my feelings of outsider/madness

It's an essential part of managing my depression. The singing, but more importantly, the companionship and love sustain me.

I like that we always sing up-beat songs ones that really are uplifting. This has helped my low spirits and self-esteem

MUSIC IN MIND

MUSIC IN MIND

20 (Music In Mind) singing workshops were run in Ipswich focussing on people managing mental health issues.

We sang with 61 individuals.
Average attendance = 23 (attracting 36 newcomers)

Here is Music In Mind cheering our funders from the D'Oyly Carte Trust in Jan 2017



Why do people come?

I suffer with anxiety attacks so getting here is hard. But there's lovely welcome singing leaders are so enthusiastic and encouraging, it's an uplifting experience

You may feel low when you arrive but like sunshine when you leave, a different person

It uplifts me. I feel part of a tribe, a gang. It's an emotional lift

I live on my own. This is one of the few social events I can participate in with limited mental and physical stamina so it helps prevent me feeling lonely

WELLSPRING SINGING



WELLSPRING SINGING

22 (WellSpring) singing workshops in Felixstowe bringing together people living in very sheltered accommodation with Family Carers and people managing long-term health issues were run. This project was accessed by 43 individuals. Average attendance = 19 (attracting 6 newcomers)

Why do people come?

It helped when I lost my husband, I felt lonely and low when I was grieving and I couldn't make sense of life without him

The friendship and humour helps one forget problems for a while

My husband died very suddenly . Although I joined some other groups I was still quite lonely. Coming to singing has given me another interest.

I like to see people from the community and feel sorry when it ends

SONGLINES



SONGLINES

21 (Songlines) singing workshops were run in Stowmarket for stroke survivors and Family Carers or friends. This project is wonderfully supported by a team of six trained volunteers. This project was accessed by 27 people. Average attendance = 15 (attracting 3 newcomers)

Why do people come?

I get excited when I know I'm coming and while I'm here my mood completely changes. If I've had a bad week, it goes and then I'm on a high for days afterwards

Songs allow us to express our feelings. We've all had a few tears here from time to time, songs bring up a lot of emotions in all of us. Really important everyone in the room is saying it's OK to cry.

Music is in my blood. Singing makes me happy. I can't explain it, it's in here (touching her heart)

Its been important for me to make new contacts. My confidence was shattered when I had my major stroke

In addition in 2017:

SANCTUARY SINGING 5 (Sanctuary) singing workshops were run for MIND to help launch Quay Place, a newly opened heritage health and well-being centre, targeting people managing mental health issues.

This project was accessed by 40 people in 2017. Average attendance 20 (attracting 22 newcomers)

Music In Our Bones Outreach 2017

155 people were reached in song via the following our taster singing sessions

1. Stowmarket Family Carers Support Group
2. Felixstowe Parkinsons Support Group (supported by two volunteers one with Parkinsons who spoke movingly about the benefits to him of singing with us 'When I wake I think 'I've got Parkinsons', when I sing I forget all about it'
3. Lowestoft Family Carers Support Group (supported by 8 singing supporters from HeartSong)
4. Bury Glastonbury Court Dementia Day Care (supported by 11 singing supporters from HeartSong)
5. Sudbury cancer support group (supported by 1 volunteer)
6. Ipswich's Inside Out was offered 3 once termly singing sessions to encourage people with more serious mental health issues to consider joining us at Music In Mind, as well as offering them an accessible joyful time harmony singing
7. Stowmarket Nursing Home Dementia day care (supported by 12 singing volunteers from Songlines)
8. Ipswich stroke morning group (supported by 5 singing volunteers from Songlines)
9. Ipswich stroke support group (supported by 5 volunteers from Songlines)
10. Stowmarket Stroke support group (supported by 6 singing supporters from Songlines)

VOLUNTEER DEVELOPMENT 2017



REGULAR SINGING VOLUNTEERS

The quality of the singing, welcome and support that our specialist groups now offer is hugely increased due to our fantastic team of 15 'singing volunteers' : 7 with Musical Memories offering a regular singing community to Family Carers and their partners/parents with dementia: 6 with Songlines, our pilot project offering a regular singing community to stroke survivors and their partners . And 2 with HeartSong. Their training, support and evaluation of the work is on-going. Here is our team at Musical Memories July 17. **IN 2017, REGULAR VOLUNTEERS DONATED A STAGGERING 852 HOURS OF THEIR TIME TO MUSIC IN OUR BONES**

In 2017 we developed a 'singing supporter' strand to encourage singers with our projects to accompany singing leaders when offering tasters in community settings. This has proved to be hugely popular and successful enabling people to share their rich life experience and love of song through the project.

SINGING SUPPORTER DEVELOPMENT

Short training sessions were offered at both Bury and Lowestoft HeartSongs leading to an amazing 11 singers in Bury and 8 in Lowestoft coming forward interested in supporting our outreach sessions.

Bury singing supporters joined us at Glastonbury Court, a dementia day care centre. The enthusiasm they injected into the singing (leading dancing too!) was infectious and they also showed a real interest in engaging and listening to the day centre members. Here are Bury singing supporters in action at Glastonbury Court.



12 Songlines singers supported us offering a singing session in at Cedrun House in Stowmarket's dementia day care centre. Everyone was lifted by experience. As one singer emailed:

It was a real pleasure for me today to put smiles on others faces. After weeks of tragic news, it was completely up lifting for me today, let's keep spreading those smiles.

12 singers from Music In Mind also came forward interested in our singing supporter training. We hope the group will support our outreach visits in 2018 to the dementia cafes that are now also run by volunteers.

Celebrations and Performances

Two opportunities were offered during the year for those interested in sharing their singing informally with an audience.

LIFTING SPIRITS SUPPORTING INTERNATIONAL WOMENS DAY In March, a wonderful gathering of 12 women from Lifting Spirits joined an International Women's' day event in Stutton to sing and join in with an inspiring day of events.

SINGATHON

Music In Our Bones organised our first fundraising Singathon in September 2017, six hours of delightful singing led by different singing leaders and bringing together singers from all of our groups who brought family and friends and stayed as long as they felt able to, enjoying lunch and tea together. Importantly, it offered our singers the chance to meet people from other groups and to sense the scope of the organisation they belong to, Informal open-mic sessions gave interested singers the opportunity to showcase their talents in front of a very supportive but large audience, much singing and dancing was enjoyed and all left with lifted by a truly celebratory occasion. Trustees were very involved on the day and feedback was hugely positive from everyone involved

OUR FIRST 6 HOUR SINGATHON

SEPTEMBER 2017

It was attended by over 85 people and raised an amazing £1529.



One HeartSong singer who attended emailed after the Singathon:

I feel so much more relaxed after today, as always, but today was a very special time that I witnessed. You could see the happiness and joy in everyone's faces with big beaming smiles, so good to see in these crazy news days, so refreshing, and most of all so much fun had by all. Fun and laughter is so important isn't it. We are all so fortunate to have you all to help us in this way.

WINNING A SUFFOLK COUNTY COUNCIL 'WORKING TOGETHER' AWARD



WORKING TOGETHER AWARD

In July 2017 we received the news that our application to be considered for one of these had been successful. We received a cheque for £8000 to support the charity's development.

Here is Lowestoft HeartSong cheering as we celebrated being given our cheque from Suffolk County Council and the Suffolk Community Foundation who manage the fund.

TRAINING OFFERED BY MUSIC IN OUR BONES IN 2017

2017 was a busy year for the charity as we were involved in several training projects, aiming to support other workers and volunteers interested in using singing in their work due to:

1. **Singing for Happiness Health and Wellbeing programme** – 6 once monthly sessions run at Sue Ryder and accessed by 12 workers or volunteers from:
Sue Ryder : a speech therapist ; a hospice worker : members of Ipswich and Hadleigh dementia alliance : an art therapist student :volunteers from Red Gables and the Stowmarket Strummers.

The programme encouraged others who would like to offer singing as part of their group work with for older people with dementia / terminal illness to find the confidence and informal 'syllabus' to do so.

Cuts to services led this group's numbers to dwindle as workers were made redundant from the Alzheimers Society and Sue Ryder in particular. Volunteers now running both Family Carers groups and the dementia cafes who don't know us, and who were just taking over running groups themselves, understandably did not take up the offer of the sessions. Our new strategy is target these groups directly via outreach in order to foster links with possibly interested volunteers. The idea of a wider singing network is still important to us.

2. **Music Mirror Training**

- A session for workers and volunteers as well as one for Family Carers was run for us by Heather Edwards the creator of the project. This was appreciated by the 18 people who attended.
- We then ran a training session for interested couples from Musical memories. This was attended by 10 people.
- Music In Our Bones then ran a session about using Music mirrors and singing more often in day to day life at Margery Girling House for 16 staff
- A further session was offered to Margery Girling's social events manager to support her creating her first Music Mirror with a resident who has dementia.

The time consuming, staff intensive nature of this project has for the present led to work being put on hold. However it is a theme explored informally regularly with everyone who sings with us who has dementia, as it is such a powerful tool for families to use to stay close to the person they love with dementia.

3. **Talks given by Music In our Bones reached approximately 116 workers**

We spoke at the following meetings with people working in the statutory and voluntary sectors, this was both to advertise our groups and to spread understanding about the significant physical, emotional and spiritual benefits that singing with others can offer.

- Suffolk Family Carers Best Practice meeting with social workers who are carer focussed
- Margery Girling's dementia support group for families
- Community Action Suffolk's Locality Network
- Music In Our Bones was one of three speakers at Inside Out's Symposium on 'Creativity in Later Life'

4. **Training attended by singing leaders Music In Our Bones in 2017 to invigorate our work and ensure best practice**

- Introduction to Volunteers and the Law
- Dance for Parkinsons sessions were enjoyed by 4 singing leaders
- Participate open access community music sessions run at Snape were enjoyed by 4 singing leaders
- Community Action Suffolk's Health and Well-being network was attended twice
- Sing to beat Parkinsons training at Snape was attended by 1 singing leader

5. **Partnership Meetings** to learn from and share knowledge and understanding with other organisations working with people managing similar issues

- Aldeburgh Music
- Art Therapist from Woodlands Ward, Ipswich hospital to see if we might support staff on the ward in their use of singing. This is work still to be started.
- Suffolk Artlink
- Incanho – who have asked us to sing at their 40th birthday party with members from Songlines, something the group are keen to do.

POLICY DEVELOPMENT

FUNDRAISING STRATEGY

2017 has seen the development of our Fundraising Strategy. We successfully piloted establishing a fundraising committee to support Tracy with the task, asking for support from singers with us, choosing Music In Mind in 2017 to support this aspect of the work.

Music In Our Bones aims via this strategy to encourage supportive singers to help decrease our dependence on external funding. A fundraising team of 7 singers from Music In Mind was recruited in 2017. Thanks to their efforts we successfully were chosen for the green coin schemes at Waitrose and the Co-op. These singers, trustees and other supporters are to be congratulated as, including the Singathon, they helped us to raise an additional £2000 to support our work.

Our website still needs to be improved to include on-line fundraising through it.

DONATIONS

Donations from our singers make a major contribution towards our costs. Over £7400 in 2017 was raised in this way, 20% approx. of our expenditure.

With a growing total attendance at our groups, and with our fundraising strategy in place, this has increased our own fundraising capacity to cover just over 25% of our costs.

We hope for this percentage to be maintained or to increase in the years ahead with three major fundraising events planned in 2018:

1. Trianon's Light Classics Concert in May,
2. Fairway fest in July at Bury Golf Club who's women's captain has chosen us as her charity of the year,
3. and our second Singathon in September.

VOLUNTEERS STRATEGY

We continued the development of our Volunteers Policy in 2017 and are working on the creation of a volunteers pack that will share our policies and include training and induction ideas.

Basic Life Skills training has been requested and will be delivered in 2018 for interested volunteers.

CONTINUING PROFESSIONAL DEVELOPMENT

Our singing leaders have been involved in a rich stream of professional development in their own right.

- A Weekend Singing leaders Gathering hosted by Bid Cousins in Ditchingham was attended by three singing leaders
- Songs for Change weekend attended by two singing leaders
- Natural Voice Practitioners Network annual weekend gathering was attended by two singing leaders
- Ali Burns weekend attended by two singing leaders
- One of our singing leaders sings with Sian Croose's Big Sky, two with Way beyond the Blue, One with DragonFruit, one is a member of the Stowmarket Strummers

- Two singing leaders share the leadership of the fortnightly Community Choir in Yoxford, YoxVox
- One leads two ukulele teaching groups
- One leads SongRise fortnightly open access singing group in East Bergholt and leads termly sessions for Hartest 'Sing for Fun' group and occasional other community choirs wanting a visiting leader

EVALUATION

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

Music In Our Bones is, in discussion with singers and trustees, and having attended the Community Action Suffolk's conference on evaluation, developing new ways of evaluating our work.

1. We have used both a camera and our new I-phone to capture singers and moments during sessions to help illustrate our work in a more inspiring way and to share on facebook with group members. This has proved very popular and we now have 101 'followers'. We have however discovered that an additional person is needed if we are to capture DVD clips of singers sharing the impact that being part of our singing community has had on them. We hope to recruit some students to help us with this aspect of our evaluation and have included a new Youth Action bid in 2018 for this purpose.
2. Singing leaders have been encouraged to have a post-group evaluation period (whether working with or without volunteers) recording together what changes were observed in the session for individuals and discussing wider impacts the project has made for participants/changes of approach needed of the future etc. These diaries should help capture some of the groups wider outcomes.
3. All groups have also been involved this year in at least one written evaluation of singing in their lives. This has included some anonymous gathering of statistical and health related information which reveals powerful information about the often compound difficulties and disadvantages people are managing. We may change these to termly feedback on certain aspects of the work
4. Group feedback sessions have not yet been run but are planned as part of the years evaluation.

This is all work to be further developed in 2018.

PARTNERSHIPS 2017

Stroke Association

- Neil Chapman the East of England Manager visited Songlines in 2017 and is willing to be a referee for funding bids which is very helpful. He is also a source of information and support where future training and funding is concerned. Quay Place and MIND

QUAY Place

Music In Our Bones was invited to help launch the new Heritage Health and Well-being Centre at St Mary at the Quay which opened Oct 2016.

Sanctuary Singing was been delivered by Tracy Sharp as a one-off solo project and supported by volunteer Donna Thrower. The five sessions in 2017 attracted a some singers from Music In Mind, HeartSong and Lifting Spirits as well as people who have not sung with us before including several people managing profound mental health issues and living in highly supported accommodation. Written feedback was extremely positive at the end of the project both about the power of the singing and the impact of the beautiful setting on people's spirits. A recording session at our penultimate

session meant that everyone involved was given a free copy of their singing to celebrate their achievement at the end of the project. We have at present sadly no capacity to continue the work.

Sue Ryder

Meetings with staff from Sue Ryder led to The Chantry becoming the base for our Singing for happiness Health and Wellbeing sessions but by March 2017, changes to funding led to many of their staff being made redundant. The new Dementia Together Service has four workers covering Suffolk who do not have any responsibility for running groups which have all had to be taken over by volunteers or other organisations.

Thus we have decided to use our new singing supporters to visit and offer singing sessions to build new partnerships with these groups later in 2018, reaching them individually as no workers can now co-ordinate our partnerships.

Heather Edwards – Music Mirror training

Training received and offered as detailed above

Inside Out – close ties maintained with this project as we offer a termly sing with them. The request to offer a talk on our work at Musical Memories at their inspiring symposium on Creativity in Later Life sprang from this partnership.

Aldeburgh Music

As what is now to be known as Snape Maltings is to be developed as a national Music Centre for Health and Well-being, we have been keen to stay in touch with their community worker and learn from their inclusive Participate sessions.

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 £8000 to be accrued as this reserve. This has been achieved in 2017.

The funds are to 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 2017.

FUNDING APPLICATIONS AND PRINCIPLE SOURCES OF FUNDING

Two major funding bids to national charities were written in 2017 which we will hear about in March 2018:

1. to the D'Oyly Carte Trust for continued funding of Music In Mind
2. to the Henry Smith County Fund for two years funding for HeartSong and Musical Memories.

Other successful bids written at the end of 2017 meant that we entered 2018 with the following in place:

HeartSong Lowestoft – fully funded for 2018 from Adnams Charity (Henry Smith County Fund bid in place)

Musical Memories fully funded for 2018 from the Dementia Friendly Communities Fund (Henry Smith County Fund bid in place)

Stroke Songlines largely funded (singing leader costs) for 2018 from the David and Jill Simpson Fund

HeartSong Bury fully funded til April 2018 from a local town councillor (Henry Smith County Fund bid in place)

Lifting Spirits – fully funded until July 2018 from Acorn and Bluebell Funds (application to grants for the Arts to be made)

Wellspring fully funded until April 2018 from Port Community Fund (application to Pargiter Fund to be made)

Music In Mind fully funded until April 2018 from Ellie's Fund (application to D'Oyly Carte Trust bid in place)

HeartSong Gt Blakenham unfunded (Henry Smith County Fund bid in place)

Bids will be written in April to find funding for groups which need funding for the rest of the year, whilst funding is sought projects will be supported from reserves if and where necessary.

Two larger bids are planned to be written in the summer holidays, one to Grant for the Arts, one to Reaching Communities. Both will include funding for longer periods of time.

BUSINESS PLAN

In order to complete these larger bids to national funders, advice from Suffolk Community Foundation suggested that we needed to work on creating a business plan in 2018 paying Community Action Suffolk for planned support to achieve this. This work has been planned for Feb / March 2018 ready for bid writing later in the year.

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 trustees report above

Signed on behalf of the charity's trustees

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

ELIZABETH GERRIE (Secretary).....date.....

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

MUSIC IN OUR BONES

Income & Expenditure

	Year 2017		
	Restricted Funds	Unrestricted Funds	Total
Income			
Funding from Other Charities	£31,240		£31,240
Voluntary Donations		£9,735	£9,735
Total Income	£31,240	£9,735	£40,975
Expenditure			
Costs of Running Workshops	£29,976	£4,432	£34,408
Governance & Development		£5,205	£5,205
Total Expenditure	£29,976	£9,637	£39,613
Surplus/(Deficit) for Year	£1,264	£98	£1,361

Reserves			
Brought Forward	£10,992	£8,512	£19,503
Surplus/(Deficit) for Year	£1,264	£98	£1,361
Carried Forward	£12,255	£8,609	£20,865

Represented by:		
Current Assets		
Bank & Cash Balances		£20,388
Cash in Hand		£771
Income Accruals		
Cost Prepayments		£295
Total Bank & Cash Balances		£21,454
Current Liabilities		
Cost Accruals		£589
Total Liabilities		£589
Net Current Assets		£20,865

MUSIC IN OUR BONES
Income & Expenditure by Project

2017

		Lifting Spirits – Bluebell & Acorn	Music in Mind – D'Oyly Carte	Music in Mind – Ellie's Fund	Heartsong – Family Carer Innovation	Musical Memories – Family Carer Innovation	Wellspring – Port Community Fund	Stroke Songlines – Comic Relief, Pargiter, Simpson	Sanctuary Singing	Musical Equipt - Fonnereau Rd	Project Development – Esmee Fairburn	Project Development – Working Together	Singathon	Other	Total
Reserves b/f			£4,320		£1,230	£575	£655	£3,912			£300			£8,512	£19,503
Income															
Restricted	Grant Funding Donations	£3,190		£1,500	£7,800	£4,960	£2,000	£1,740 £670	£400	£980		£8,000			£30,570 £670
		£3,190		£1,500	£7,800	£4,960	£2,000	£2,410	£400	£980		£8,000			£31,240
Unrestricted	Donations				£44								£1,729	£680	£2,453
	Workshop Donations	£2,600	£1,390		£1,260	£814	£617	£490						£110	£7,281
		£2,600	£1,390		£1,304	£814	£617	£490					£1,729	£790	£9,735
Total Income		£5,790	£1,390	£1,500	£9,104	£5,774	£2,617	£2,900	£400	£980		£8,000	£1,729	£790	£40,975
Expenditure															
Restricted	Tutor Fees	£2,020	£3,600		£4,680	£2,970	£1,705	£3,712 £440	£400		£270				£19,087 £710
	Admin & Stationery				£120			£435							£1,306
	Venue Hire	£250	£500		£4,231	£330		£691							£5,471
	Training & Development		£220			£660									£660
	Volunteer Expenses					£784									£784
	Respite														£980
	Participant Transport							£980							£979
	Musical Instruments									£979					£979
	Other														
		£2,270	£4,320		£9,031	£4,744	£1,705	£6,258	£400	£979	£270				£29,976
Unrestricted	Tutor Fees	£860	£440		£123	£110	£605								£2,138
	Venue Hire	£439	£286		£697	£445									£1,867
	Planning				£90										£90
	Training & Development		£110												£110
	Volunteer Expenses				£20	£111									£131
	Participant Transport							£98							£98
	Other														
		£1,299	£836		£929	£666	£605	£98							£4,432
Overheads	Admin													£4,630	£4,630
	Insurance													£24	£24
	Stationery													£131	£131
	Prof. Accounts Review													£420	£420
	Other														
														£5,205	£5,205
Total Expenditure		£3,569	£5,156		£9,960	£5,409	£2,310	£6,356	£400	£979	£270			£5,205	£39,613
Surplus/(Deficit) for Year															
Restricted		£920	(£4,320)	£1,500	(£1,231)	£216	£295	(£3,848)		£1	(£270)	£8,000			£1,264
Unrestricted		£1,301	£554		£375	£148	£12	£392					£1,729	(£4,414)	£98
Total		£2,221	(£3,766)	£1,500	(£855)	£364	£307	(£3,456)		£1	(£270)	£8,000	£1,729	(£4,414)	£1,361
Reserves 31/12/17															
Restricted - Bal of 2017 Funding		£920	(£0)		(£1)	£791	£950	£64		£1	£30				£2,756
Restricted - Funding for 2018				£1,500								£8,000			£9,500
Unrestricted														£8,609	£8,609
Total		£920	(£0)	£1,500	(£1)	£791	£950	£64		£1	£30	£8,000		£8,609	£20,865

REGISTERED CHARITY NUMBER: 1166578

**Report of the Trustees and
Unaudited Financial Statements For The Year Ended
31st December 2017
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

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Music In Our Bones
Report of the Trustees
For The Year Ended 31st December 2017

The trustees present their report with the financial statements of the charity for the year ended 31st December 2017. 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 2015).

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 C Cordeaux	
Mrs E Gerrie	
I Flower	
Mrs L Burrows	
O Knowland	
Mrs P Wagstaff	
F Blackwell	- appointed 15/3/2017
A Williams	- appointed 15/3/2017

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 21st March 2018 and signed on its behalf by:

Trustee



IAN HEYWOOD - CHAIR

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

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 the Music In Our Bones (the Trust) for the year ended 31st December 2017.

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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

John Phillips & Co Ltd

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

7th June 2018

Music In Our Bones

Statement of Financial Activities For The Year Ended 31st December 2017

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		9,734	31,240	40,974
Total		9,734	31,240	40,974
EXPENDITURE ON				
Running Singing Workshops		9,219	29,977	39,196
Other		420	-	420
Total		9,639	29,977	39,616
NET INCOME		95	1,263	1,358
RECONCILIATION OF FUNDS				
Total funds brought forward		8,510	10,991	19,501
TOTAL FUNDS CARRIED FORWARD		8,605	12,254	20,859

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

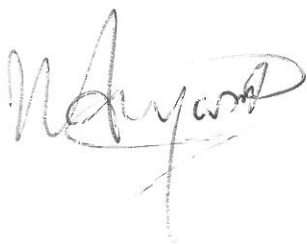
Music In Our Bones

Balance Sheet At 31st December 2017

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
CURRENT ASSETS				
Debtors	3	-	295	295
Cash at bank		9,025	12,129	21,154
		<u>9,025</u>	<u>12,424</u>	<u>21,449</u>
NET CURRENT ASSETS		<u>9,025</u>	<u>12,424</u>	<u>21,449</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>9,025</u>	<u>12,424</u>	<u>21,449</u>
ACCRUALS AND DEFERRED INCOME	4	(420)	(170)	(590)
NET ASSETS		<u>8,605</u>	<u>12,254</u>	<u>20,859</u>
FUNDS	5			
Unrestricted funds				8,605
Restricted funds				12,254
TOTAL FUNDS				<u>20,859</u>

The financial statements were approved by the Board of Trustees on 21st March 2018 and were signed on its behalf by:

Trustee



IAN HEYWOOD - CHAIR

The notes form part of these financial statements

Music In Our Bones

Notes to the Financial Statements For The Year Ended 31st December 2017

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2017.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2017.

3. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Other debtors	£ 295
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Music In Our Bones

Notes to the Financial Statements - continued For The Year Ended 31st December 2017

4. ACCRUALS AND DEFERRED INCOME

	£
Accruals and deferred income	590

5. MOVEMENT IN FUNDS

	At 1.1.17 £	Net movement in funds £	At 31.12.17 £
Unrestricted funds			
Lifting Spirits- Bluebell and Acorn	795	1,301	2,096
Music in Mind-Henry Smith	556	-	556
Heartsong-Family Carer Innovation	256	374	630
Musical Memories-Family Carer Innovation	-	148	148
Other	6,499	(4,415)	2,084
Wellspring -Port Community	404	12	416
Stroke Songlines-Comic Relief,Pargiter,Simpson	-	392	392
Music in Mind-D'Oyly Carte	-	554	554
Singathon	-	1,729	1,729
	8,510	95	8,605
Restricted funds			
Music in Mind-D'Oyly Carte	4,320	(4,320)	-
Stroke Songlines-Comic Relief, Pargiter, Simpson	3,911	(3,848)	63
Project Development-Esmee Fairburn	300	(270)	30
Wellspring-Port Community	655	295	950
Lifting Spirits- Bluebell and Acorn	-	920	920
Heartsong-Family Carer Innovation	1,230	(1,231)	(1)
Musical Memories-Family Carer Innovation	575	216	791
Music in Mind-Ellie	-	1,500	1,500
Musical Equip- Fonnereau Road	-	1	1
Project Development-Working Together	-	8,000	8,000
	10,991	1,263	12,254
TOTAL FUNDS	19,501	1,358	20,859

Music In Our Bones

Notes to the Financial Statements - continued For The Year Ended 31st December 2017

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Lifting Spirits- Bluebell and Acorn	2,600	(1,299)	1,301
Heartsong-Family Carer Innovation	1,304	(930)	374
Musical Memories-Family Carer Innovation	814	(666)	148
Other	790	(5,205)	(4,415)
Wellspring -Port Community	617	(605)	12
Stroke Songlines-Comic Relief,Pargiter,Simpson	490	(98)	392
Music in Mind-D'Oyly Carte	1,390	(836)	554
Singathon	1,729	-	1,729
	<u>9,734</u>	<u>(9,639)</u>	<u>95</u>
Restricted funds			
Stroke Songlines-Comic Relief, Pargiter, Simpson	2,410	(6,258)	(3,848)
Sanctuary Singing	400	(400)	-
Wellspring-Port Community	2,000	(1,705)	295
Lifting Spirits- Bluebell and Acorn	3,190	(2,270)	920
Heartsong-Family Carer Innovation	7,800	(9,031)	(1,231)
Musical Memories-Family Carer Innovation	4,960	(4,744)	216
Music in Mind-Ellie	1,500	-	1,500
Musical Equip- Fonnereau Road	980	(979)	1
Project Development-Working Together	8,000	-	8,000
Music in Mind-D'Oyly Carte	-	(4,320)	(4,320)
Project Development-Esmee Fairburn	-	(270)	(270)
	<u>31,240</u>	<u>(29,977)</u>	<u>1,263</u>
TOTAL FUNDS	<u><u>40,974</u></u>	<u><u>(39,616)</u></u>	<u><u>1,358</u></u>

6. RELATED PARTY DISCLOSURES

During the year to 31 December 2017, there were two 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 £1095 and Fran Flower £2110.

Music In Our Bones

Detailed Statement of Financial Activities For The Year Ended 31st December 2017

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Donations	10,294
Grants	30,680
	<hr/>
	40,974
	<hr/>
Total incoming resources	40,974
 EXPENDITURE	
Other trading activities	
Tutor Fees- Workshops	21,225
Training- Workshops	5,582
Governance and Development	5,055
Respite- Workshops	784
Other- Workshops	1,419
Venue Hire- Workshops	3,172
Planning- Workshops	90
Volunteer- Workshops	791
Transport- Workshops	1,078
	<hr/>
	39,196
 Support costs	
Governance costs	
Auditors' remuneration for non audit work	420
	<hr/>
Total resources expended	39,616
	<hr/>
 Net income	<hr/>
	1,358
	<hr/>

This page does not form part of the statutory financial statements