



Music In Our Bones Trustees Annual Report

1st January 2019 to 31st December 2019

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, Safeguarding Officer)
Ian Flower (Treasurer)
Louise Burrows (resigned March 2019)
Claire Cordeaux (resigned Oct 2019)
Oliver Knowland
Pamela Wagstaff (Compliments and Complaints officer)
Frances Blackwell
Allan Williams
Judith Goldsmith (Appointed July 2019)

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, our Secretary, Liz Gerrie, is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower, a former accountant, checks all financial management issues and provides interim management 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.
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 2019, we had an inspiring and committed team of 8 self-employed singing leaders delivering our workshops: 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

140 singing sessions creating regular singing opportunities and the support that our singing communities offer to a total of 367 individuals.

20 taster singing workshops reaching a further 425 people managing long-term mental and physical health issues. These were offered in dementia day care centres, nursing homes and very sheltered accommodation, Stroke or Family Carer support groups. Many of these groups had a personal connection for someone singing with us. So we sang with people's parents and partners.

We also supported Inside Out Arts Community with termly sings for people in recovery from serious mental health distress and in-patient stays.

In addition, we ran a charity sing to raise funds for a Lifting Spirits singers cancer charity Penny Brohn and ran two sings at local health and well-being events.

Lifting Spirits volunteers have also supported a new project singing with women from Suffolk Refugee Support, offering a taster sing, 6 sessions and one performance.

Total individuals benefitting from 159 singing sessions (regular sessions plus outreach) = 792

Total new singers attracted to our regular groups = 192

Total attendance at regular singing sessions = 2727

Achievements and Performance

Our main achievements this year lay in

- 1. Sustaining our 8 singing communities and developing our new International Women Pilot**, supporting 367 individuals regularly in song and reaching 192 new people in those regular groups.
- 2. Strengthening the volunteering strand of our work**
 - increasing our outreaches from 16 to 20 and recognising the value in returning to projects, developing relationships both with vulnerable people we sing with and with volunteers and staff, better promoting the benefits of singing for these communities.
 - increasing the total number of people we reached from 742 in 2018 to 792 in 2019
 - sustaining and deepening our volunteering strand. We were supported by 57 volunteers in 2019. Our regular volunteers increased from 21 to 26, and an amazing 31 additional individuals joined our 19 outreach sessions in 2019. Our total volunteer numbers dropped from 78 to 57 due to there being no funding for Music In Mind outreach this year which had attracted high numbers of volunteers in 2018. However, it was really encouraging that many of our singing supporters this year joined us for several outreach sings.
 - Many of our outreach sessions have attracted more than 6 singing volunteers and in fact in a dementia day care centre in Stowmarket, Songlines singing volunteers heavily outnumbered the club's members! Our outreach sings have continued to offer highly participatory life loving experiences for groups of vulnerable people whose lives often lack such opportunities. Watching agitated or withdrawn older people with dementia suddenly transformed by the party atmosphere we bring with us is a joy. We have discovered both keen conductors and dancers in our music making. Our volunteers have all spoken of the buzz such sessions offer them as their input is so evidently valued, enriching all we offer, turning 'music sessions' into singing parties.
 - Developing our volunteering training strand with a strengthened volunteer policy and with shared training sessions open to anyone across the organisation. In 2019 we offered Dementia Awareness Training to Songlines, HeartSong and Lifting Spirits volunteers. This was facilitated by Louise Burrows and included a couple managing life with dementia, this co-production of training being an invaluable use of our singers experience.
 - We were supported by a trainer from the Stroke Association to run a co-produced stroke training session, stroke survivors sharing their experiences of what is and is not useful from others with volunteers from across our groups.
 - A Suffolk Refugee Awareness training session was offered to Lifting Spirits volunteers by the Suffolk Refugee Support Service

Four young volunteers with us made important contributions to Music In Our Bones this year. Here is our young researcher enjoying the Singathon.

Musical help singing, drumming and with refreshments was offered by two young people in HeartSong, several Lifting Spirits singers were supported to share their experience of singing in 1-1 interviews by a young singer researcher in group above, invaluable evaluation for funders, and a young man did some filming with Songlines encouraging people once again to share the impact of singing in their lives. He hopes to complete this during his degree years!

Music In Our Bones work was supported by a staggering 902 hours of volunteer support in 2019. The charity owes a huge debt of gratitude to all those who have shared their time, enthusiasm, skills, life experience and importantly voices and spirits with us!

3. Developing our fundraising strand.

- Our fundraising committee : A team of 6 volunteers, from Lifting Spirits met termly with Tracy and Jennie and supported our continued applications to supermarket green coin schemes etc
- This team also helped us to manage our three fundraising events in 2019 (total attendance of music in our bones singers approx 120) : Bucket holding at Trianon's January concert in the town hall, helping manage refreshments and raffle at a community Victorian Evening in November in Felixstowe



And our Singathon in November



Trianon's support in 2019 raised a staggering £1500 for us and the Singathon made a further £1000 attended again by around 90 singers, family and supporters. Pop Chorus were much enjoyed once more as were open mic sessions allowing interested singers to showcase their talents. This hugely popular day is only possible thanks to the dedication and hard work of both volunteers and trustees.

2019 also saw Music In Our Bones supported by one of our singing leaders, Denise Steward's amazing London Marathon run for us in April.

Our singers really got behind the run sending song suggestions to inspire her and donating ribbons with names of loved ones for her to wear during her run. Thanks to four months and hours of gruelling training Denise successfully ran her very first marathon, raising nearly £1000 for us and the same for the hospice she works with. We're incredibly grateful and very proud of her!



- Our proactive fundraising has therefore raised just over £5000 in 2019. Donations have come from these major events but also from a variety of other sources: from supermarket green coin schemes to fundraising in memory of people we have sung with, and from singers having a coffee morning in our honour to those offering talks and donating their earnings to us. We are hugely appreciative of this sense of dedication, ownership and commitment shown us by our supportive singers, singing leaders and trustees. Our fundraising is indeed a team effort.

4. Proactive outreach to people from other cultures.

- Tracy and Fran and 8 Lifting Spirits volunteers were offered a cultural awareness training from the Suffolk Refugee Support and went on to offer another taster sing to the International Women's Group. This led to a group of 9 women from the group committing themselves to further sings with us all. An intense set of rehearsals led up to a 20th birthday celebration for Suffolk Refugee Support at which we sang three songs to nearly 100 people gathered from all then cultural groups in Ipswich linked with the project. Our new friends showed immense courage and excitement in taking to the stage after such little preparation, took the mic to introduce all our songs and helped lead the whole party in a rousing rendition of Bella Ciao.

A further Community Lottery Awards for All grant has enabled the link to be continued although many of the original women we sang with have moved on, having new babies, or into education. Once monthly sessions negotiated with the two or three women we still knew have since November concentrated on forging new relationships with a total of 16 mostly new women to us over shared lunches. We have tried to share our languages in song and come to a shared focus, rather than simply taking songs to teach. It has been a time of much laughter, a many great culinary delights as well as enthusiastic singing. Encouraging links are slowly developing with workers and volunteers from Suffolk Refugee Support too.

5. Improving our organisational policies and communication with singing leaders.

- Once termly singing leader meetings are now established to ensure everyone has the chance to find out about the organisation as a whole, share any concerns and explore good practice.
- Janine Tomkins has been appointed as a self-employed administrator to support the development of improved policies, publicity and website. Her work has been a huge boon to Tracy who no longer shoulders all the administrative responsibility for the organisation. Thanks to Janine's work Music In Our Bones has seen many more articles across the county in parish newsletters and magazines, in termly publicity amongst our partner organisations who we hope will refer people to us, and in excellent progress regarding both a new website and policy development.
- Our volunteer policy has been consolidated with support from trustees, published and circulated in 2019.

FUNDING

We are hugely grateful to our funders in 2019 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:

Henry Smith County Fund : Community Lottery Awards for All; Arts and Culture Fund: Pargiter Trust: SCF Private Fund : D'Oyly Carte Foundation : David and Jill Simpson Fund : Martineau Fund : Stowmarket Councillor and County Councillor Locality Grants : #iwill Youth Action Grant

OUR 8 SINGING COMMUNITIES

We supported 367 people (up from 335 in 2018) with our regular singing workshops via the following fortnightly (or once monthly) singing communities:

HEARTSONG

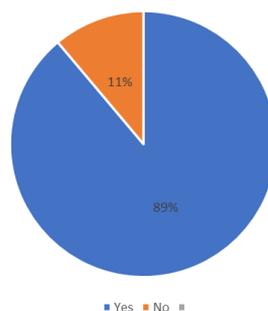


31 (HeartSong) singing workshops were run, targeting in particular Family Carers and people managing long-term conditions once monthly in the Ipswich Bury and Lowestoft areas. These have benefitted 97 individuals and reached 38 new people approximately 70% of whom are over 65. Our move in the Lowestoft area to a new venue at St Mark's church has led to a very encouraging string of new visitors all whom have loved the sessions. Bury has proved harder to recruit to from a distance (taster sessions are needed in local support groups) Great Blakenham has grown largely through attracting people who already attend other sessions and who want extra sings in their month. Several couples managing life with dementia now attend HeartSong as well as Musical Memories, enjoying the different musical challenge it offers and access to another friendly group of welcoming accepting people.

Gt Blakenham Average attendance = 20 (attracting 11 newcomers)

Bury Average attendance = 13 (attracting 10 newcomers).

Lowestoft Average attendance = 17 (attracting 17 newcomers) Close evaluation makes interesting reading:



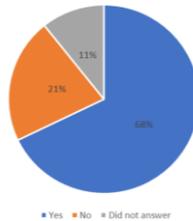
[89% of the group experience an improved sense of mental well-being after HeartSong](#)

Why do people come?

Feedback from the sessions themselves reveals the fact that HeartSong has offered accepting, joyful music making and a rich sense of community to people who are managing very tough times.

“Opportunity to have two hours just focussing on great music and to stop worrying about how horrible my home life is right now”

“It gives me so much joy and hope to face the next day or the following day with my confusion. I've been a music teacher before & this just uplifts me”



68% of the group have found the confidence to try a new group or activity or have developed a friendship because of the group

MUSICAL MEMORIES

Musical Memories has had another year of welcoming new faces and saying sad goodbyes to people we've lost either through their death or necessary move into nursing care. It becomes clear that fortnightly sings with us are during a precious window of time. We support most Family Carers over a period of about two years whilst their partner's dementia progresses, enabling them to continue to cope and maximising their partners moments of full engagement with life. Memories are so often shared due to the hook that songs provide and the group offers a rich sense of love and community to its devoted members who seldom miss a session.

Support from our 7 now highly experienced volunteers is critical to the level of participation we are able to encourage from everyone, no matter how they are able to communicate.

Musical Memories is a tight knit, hugely openhearted and accepting community which is able both to support and cherish partners and adult children whilst they are facing devastating deterioration and loss in the person they love. It's a community most importantly too which also celebrates with great cakes and much dancing and laughter all birthdays and occasions for communal joy such as Christmas and Easter.



Why do people come?

MUSICAL MEMORIES

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

37 people with dementia or Family Carers benefitted from this project which was wonderfully supported by a team of seven trained volunteers.

Average attendance of 18 (attracting 13 newcomers)

"A release from responsibilities and pressures"

"Someone to share the burden for an hour or two"

"Gives us a common interest. It's one of the few times he actually seems happy now"

"Companionship, two hours passes very quickly and I'm not thinking about my problems when I'm here. I go away happy"

"After our sing he is more interested in things around him"

"Just being in the company of people singing helps"

"It's a shared interest and often fun which is generally is short supply"

LIFTING SPIRITS

Why do people come?

(Based with thanks on interviews by Simone Butler Mayer)

Friendship and new networks of support

Because we sit in a circle it seems very friendly and very easy to have conversations.

I've had very difficult times... family problems and yes they've always been here for me

After joining I had a tricky time and Lifting Spirits definitely helped me. I feel it helped me healing.

It was a big thing coming. Now I'm not so frightened any more. I'm more confident generally in everyday in life.

I've started to do chanting now and I've got that from here

Sense of well-being

It makes me feel calm for a good day, sometimes longer after coming. It makes me feel in a different place. I've got more tolerance and feel a sort of calmness in myself.

The singing calms me down. I feel everything flowing. I feel physically good as well.

I just feel better in myself. It's something to look forward to and so I don't get so depressed

It does what it say on the ticket, it lifts my mood

Safe space and sense of belonging

The act of coming together to make sound increases my sense of belonging

I think 'oh my goodness I'm never going to pick it up' but somehow it just seems to happen effortlessly. I've learnt the more I relax, the easier it is to remember the song and the words.

It's relaxed and no-one's judged I think.

Whoever sat next to me were nice and didn't turn a shoulder, but the opposite, and turned towards me and said hello

It was such a welcoming lovely warm-hearted group and with the music it was REALLY nice.

LIFTING SPIRITS - 20 (Lifting Spirits)

singing workshops were run in Ipswich focussing on women who benefit from it being women only project. We sang with 62 women (up from 2018)

Average attendance about the same as 2018 = 23

(attracting 20 newcomers, down from last years)

MUSIC IN MIND

On arrival at Music In Mind our singers felt:

MUSIC IN MIND

20 (Music In Mind) singing workshops were run in Ipswich focussing on people managing mental health issues. We sang with 94 individuals.

Average attendance = 28 up from last year and growing (attracting an extraordinary 50 newcomers)
In July we asked people for a single word to describe their feelings on arrival and on leaving and then used the Wordle app which collated our singers single word feedback visually, size of words relating to the number of times they were mentioned. So opposite is a visual snapshot of the change that makes people come!



On leaving the session our singers mood had changed and lifted:



Music In Mind has grown to be our biggest and most varied group. We are attracting several people currently managing very serious mental health distress, who use the group as part of their recovery sometimes attending with support workers or family members. The group also includes people managing the earlier stages of dementia, Family Carers, people managing long term physical conditions such as Parkinsons, a few people with moderate learning difficulties and many others who are experiencing the times of bereavement, loneliness, depression and anxiety that can touch all our lives. With often over 30 in the room, three singing leaders often have to work hard to keep everyone feeling safe and calm as the mood can be either heavy or hectic and slightly manic according to who arrives.

Once again it is the spirit of unjudgemental acceptance that is most often remarked on by newcomers as well as the liveliness of the singing. People are welcomed in whether or not they are behaving in a slightly unconventional way and our rising average numbers and feedback from the group suggests that the vast majority of people find they leave feeling much better than they arrived.

"I have been having big problems with my family, and trying so hard to think of a solution to them. When I stepped through that front door my mood changed, and I had the most lovely two hours, spent with a roomful of smiling people, and we sang away our troubles. It was magical."

WELLSPRING SINGING



WELLSPRING SINGING

20 singing sessions in Felixstowe bringing together frail older people living in very sheltered housing with Family Carers and people managing long-term health issues were run. This project was accessed by 31 individuals, down from last year. However, average attendance = 18 slightly higher than 2018 (attracting 14 newcomers)

Why do people come?The singing:

1. Lifts mood

"I come to this session because I love to sing! I don't listen to music in my flat because I don't like the modern songs. I love this group. Singing with friends lifts my spirits and we have a good laugh. I always look forward to the next time."

2. Sustains Family Carers isolated by their caring role

"I'm with my husband in the flat 24/7, so I love to come to WellSpring to be with friends and to have a good sing. You forget all your worries when you are singing. It's my only opportunity as my husband doesn't like it. It takes me out of myself!"

3. Supports older people with dementia to feel fully alive again in the singing

"I didn't know I knew so many songs. Coming to your singing group is wonderful. I feel I am 'back in the world' - it energizes me! The songs bring back so many memories. I feel happy afterwards."

4. Improved posture and breathing (S had severe problems with breathing & needs a constant supply of oxygen)"I can't sing, but our group is so relaxed and lovely that I enjoy it. I love many of the songs that we do and singing is so good for my breathing. New songs are good for the memory. I also do some breathing exercises from a C.D. called 'Singing for Breathing' that Tracy gave me. And it's good that everyone can tell their stories."

5. An increase sense of community and belonging (G has a musical family, mostly classical music & also church music)"Everyone plays music in my family. I can't sing the high notes anymore but I love to sing with this group and also in Church. I enjoy telling stories and I have made so many new friends since I came to M.G. and joined your group"

6. Learning new songs improving memory, singing old ones evoking strong memories and story telling with the group(J grew up in Cardiff, S.Wales and she loves to sing!)

"I love everything about our little group. I don't listen to music in my flat because I don't like some of these modern pop songs! I love the old songs best – they bring back lots of memories! When I was young in Wales, we used to go to Gran's every Sunday and everyone sang around the piano. I don't mind learning new songs because that helps my 88 year old memory, but there's nothing like the old tunes!!"

WellSpring encourages local people (mainly themselves in their late 70s and 80s)to come into this very sheltered housing for frail older people mainly in their late 80s and 90s to share their lives via their singing. The shared activity which brings people together as equals and is supported by several community visitors who offer us practical help setting up the room and managing refreshments. Songs are interspersed with the stories that the songs evoke. Everyone helps to celebrate birthdays and the years events and the group clearly offers a focus, and a lively time to look forward to in lives which due to disability and frailty offer few such opportunities.

SONGLINES – singing and shared laughter supporting recovery from stroke



Why do people come?

Importance of learning new skills and the focus being on what everyone CAN do

I'm much more confident now and will talk for other people who have recently had a stroke. I feel terrible for other people who cannot communicate, cannot say please and thank you.

It helps with communication. With my friend 2 weeks ago, singing along to the CD in the car my friend was surprised that I was singing!

It allows me to meet people and learn new songs

Importance of feeling accepted and understood

It's good to sing, especially with people who had a stroke who understand every session is different.

Improvements to physical and emotional state

I feel elated at the end of the session. It lifts up our spirits. Makes us feel happy to be enclosed

I go home and sing!

It's a good atmosphere. After a sing I'm more relaxed and uplifted

I feel stronger at the end and happier

I feel different after the singing, feelings of relief. It

lifts my spirits. I feel the benefit of it

Improved ability to communicate

It's great - it helps me to communicate

Because I don't speak to anyone for maybe a couple of days, my voice improves during the singing Helps my communication. I've made new friends.

Increased confidence and sense of self-worth able to offer as well as receive support

It helps me feel important to help other people

Singing's a confidence boost, it's a social event and I've made friends

Singing's helped me take on new challenges

Increased sense of community, improved networks of support and community involvement

I've made more friends, go to other social groups and now work with New Skills most days

I've been to other Music In our Bones events

SONGLINES

20 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.

Songlines was accessed by 27 people in 2019 slightly down from last year but average attendance was up to 15 and the group attracted 9 new people.

Songlines has become a slowly growing and very steadily attended group, sadly losing a younger woman, a founder member, to a second stroke this year. Denise Steward's occupational therapy background brings great expertise in supporting people to bring their bodies into their singing, and both she and Mark Coburn's musicality and ability to accompany singing with instruments is a huge confidence boost valued by this group many of whom struggle to speak but whose ability to sing is uncompromised. We are exploring the use of tailor made CDs recorded with the group for those with aphasia to maximise the impact of their singing on their ability to speak.

I've started new groups and volunteer for the stroke association

I'm on the committee of the Jazz club

It's my social life – socialising's important – getting out and seeing people

Music In Our Bones Outreach 2019

425 people were reached in song via the following our taster singing sessions an increase on last year

- Stowmarket Family Carers Support Group (supported by 5 HeartSong singers)
- Gt Barton Stroke club (supported by 6 singing supporters from HeartSong)
- 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
- Cedrus House dementia care Stowmarket's (supported by 15 Songlines volunteers)
- Ipswich Stroke Support Group (supported by 4 Songlines and HeartSong volunteers)
- Ipswich morning Stroke Group (supported by 7 Songlines volunteers)
- Jamie Cann very sheltered accommodation (supported by 1 Musical Memories volunteer)
- Prince George nursing home (supported by 5 Musical Memories volunteers)
- Memory Lane Dementia Café (supported by 7 Musical memories volunteers)
- 2 sings at Sherrington House Residential home (supported by 2 Musical memories volunteers)
- Suffolk Family Carers Fun Day (supported by 3 Musical Memories volunteers)
- Hadleigh Dementia Café
- Stowmarket Heath and Well-being Day (supported by 3 Songlines singers)
- 2 Ipswich International Women's Group tasters (supported by 8 singing volunteers)
- Penny Bohn fundraiser singing taster
- White Gables nursing home (supported by 5 WellSpring volunteers)

VOLUNTEER DEVELOPMENT 2019



REGULAR SINGING VOLUNTEERS

The quality of the singing, welcome and support that our groups now offer is hugely increased by the involvement of our fantastic team of 26 regular 'singing volunteers': 7 with Musical Memories: 6 with Songlines, 5 with HeartSong and 3 with WellSpring and 6 with the International women's project The training, support and evaluation of their work is on-going.

Here are our new Lifting Spirits volunteers supporting younger women from around the world to experience the joy that singing offers, sharing songs that transcend our different languages, overcoming barriers between different cultural groups in the music making.

SINGING SUPPORTER DEVELOPMENT

31 singing supporters joined our regular team of 26 to accompany our 20 outreach sessions in 2019. Dementia awareness training was offered to 12 Music In Our Bones singers, Refugee awareness training to 8 Lifting Spirits singing supporters, Stroke Awareness training to 17 people including 4 singing leaders.

Our new approach has included trialling co-produced sessions allowing people managing a condition to share their expertise and life experience. This has offered us an extraordinary depth of insight into the impact for individuals and families of conditions such as dementia. It has also allowed us to explore practical ideas about what is and isn't helpful as a singing supporter when trying to communicate with someone managing a condition. Stroke survivors shared the following:

- Always ASK before helping physically. It's not being kind to jump in and prevent a stroke survivor taking time but remaining independent if that's what they want.
- Ask before helping with questions like 'Would you like me to help? Or 'If you need help, just shout'. Put the ball in their court but let them know you're around if needed.
- Give people time to reply or to initiate conversation. Encourage stroke survivors to realise you are relaxed about a silence and to 'just take your time'
- New interest from people and new friendships keep stroke survivors going and give back the confidence and sense of identity and purpose that having a stroke can take away.

In

2019 our new 'singing supporter' strand continued to hugely enhance our outreach sings, offering our singers rich and meaningful volunteering opportunities. Volunteers from WellSpring enjoyed their first session at a local nursing home sitting alongside residents and family members, chatting about life in Felixstowe, encouraging enthusiastic singing and movement. We hope this strand of our work is here to stay. In 2019 it offered 31 singers from different groups the chance to share their rich life experience and love of song through the project. Our regular volunteers also joined

Celebrations and Performances

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

TRIANON'S VICTORIAN EVENING FELIXSTOWE



- 20+ enthusiastic singers from across our different groups (many dressed up for themed event!) travelled to Felixstowe one evening in November to support us in leading a music hall set of songs. Dedication indeed! The event as always, allowed people to sense the bigger organisation they are part of, to feel the excitement of singing as part of large group and to sense their importance as supporters helping us manage both refreshments and the raffle on the night.

INTERNATIONAL WOMEN SINGING TO CELEBRATE SUFFOLK REFUGEE SUPPORT'S 20th BIRTHDAY.

Fran and Tracy ran four training sessions for our interested volunteers increasing our awareness and understanding of refugee and other cultural issues. Five singing sessions with shared lunches then allowed us to get to know interested women from the International Women's group. They were interested in singing at Suffolk Refugee Support's 20th birthday party celebrations.

Using this energy and idea, 7 of us were able to support 9 women from their International Women's group to sing at this major gathering. It was a very emotional moment and a massive boost to the self-esteem and confidence of all involved to have their voices heard and to get an audience of 100+ people from a huge number of cultural groups to sing together with us. The younger women involved shone with excitement and were keen to take the mic and announce our three songs, singing with massive enthusiasm delighted to be acknowledged in front of so many and for their children and partners to see them taking the limelight.



SINGATHON

Music In Our Bones organised our third fundraising Singathon in November 2019, six hours of enthusiastic 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 a simple soup and roll lunch and tea (once again with an amazing collection of cakes and buns supplied by our devoted singers. Thanks to one of our trustees, some of the Pop Chorus visited again this year to offer us a short set after lunch relishing an audience that leapt up to dance and join in.

None of the event could have happened without massive singing leader, trustee and volunteer support. It was a great team day again with much celebratory singing and dancing and very moving open mic sessions appreciated by all as our singers showcased their talents. Once again around 90 people attended and one which raised another £1000.



TRAINING OFFERED BY MUSIC IN OUR BONES IN 2018

2019 has been another busy year for the charity developing our outreaches, International Women's pilot and our fundraising strand. In consequence we have done less external training and talks.

PRACTICE SHARED VIA OUTREACH

Our most powerful informal training was offered last year alongside workers and volunteers at outreaches. There they can simply see and sense for themselves the difference that singing as a group can make forging connection in rooms previously full of individuals often feeling alienated and lonely. We reached approx. 58 workers /volunteers via our outreaches throughout the year and a further 20+ at Suffolk Refugee's 25th birthday party celebrations on the docks.

Our Singing for Happiness Health and Wellbeing programme or network is currently on hold due to us working at capacity at present. It remains an idea we are interested in developing for the future to ensure we maximise our legacy in the future and support other singing leaders to share best practice locally.

Training attended by Music In Our Bones singing leaders in 2019 to invigorate our work and ensure best practice

- Singing for Health national conference attended by Denise Steward, insights shared
- Vocal health conference Colchester by Voice Works attended by Tracy Sharp and a Vocal Care pack put together and shared with singing leaders
- Tracy Sharp spoke about our work to approximately 20 voluntary sector workers at one of Community Action Suffolk's Health and Well-being network
- Aldeburgh Music's Singing for Health and Wellbeing focus group
- Natural Voice Network Annual Weekend AGM attended by two singing leaders

CONTINUING PROFESSIONAL DEVELOPMENT

- Our singing leaders have been involved in a rich stream of professional development in their own right in singing and performing in Calling Birds, Stowmarket Strummers, Harmonium, Way Beyond the Blue, Big Sky, Voice project, Heartbeat, Scunslata and Dragonfruit. Some leaders also write for and lead other groups: Stutton Community Singers, YoxVox and SongRise Jennie now co-facilitates large workshops with Alison Burns and Brendan Taffe across the country. They also regularly attend as participants other (often natural voice)

singing workshops and vocal projects : Ali Burns, Kathy Bullock, Northern Harmony, Chris Rowbury;s Singing Safari etc

POLICY DEVELOPMENT

FUNDRAISING STRATEGY

2019 has seen the continued development of our Fundraising Strategy. A fundraising committee of 6 women from Lifting Spirits with Jennie offered continued support to Tracy with the task.

Thanks to their efforts we received funding from Waitrose and the Co-op.. These singers, trustees and other supporters offering significant personal donations or fundraising on our behalf are to be congratulated as, including the Trianon Community Concerts, Denise's marathon and the Singathon, they helped us to raise an additional £4500 to support our work.

On-line fundraising will be possible via our new website but has been on hold. However, most of our singers still preferring to use cheques and cash.

DONATIONS

Donations from our singers make a major contribution towards our costs. £6099 in 2019 was raised in this way 15% approx. of our expenditure. (down from last years 17%)

If we can maintain or increase our attendance at groups, and with our fundraising strategy in place, and a maximum of three external events annually Music In Our Bones will have increased our own fundraising capacity to cover about 25% of our costs. This is an important achievement when looking to attract external funders as they are always keen to see what work is being done by charities themselves to sustain groups and to motivate the involvement of the people using their projects.

We hope for this percentage to be maintained in the year ahead with two major fundraising events planned in 2020:

1. A Stella Acapella concert at St Peters on the Waterfront in May
2. Our third Singathon in November.

VOLUNTEERS STRATEGY

This was developed with support from Allan Williams and Janine Tomkins drawing on Volunteer Policies used by both Suffolk Family Carers and Inside Out. Janine has produced the policy in a bound copy which can be duplicated and given to all volunteers. Our completed policy was agreed at our October meeting and shared with singing leaders in November ready for distribution.

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.

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

1. PHOTOS Taking photos regularly captures singers and moments during sessions to help illustrate our work in a more inspiring way.
2. FACEBOOK allows us to share and gather feedback on the benefits of singing. This has proved very popular and we now have 189 'followers' up 49 from last year. (A post about Denise's London marathon run reached 504 people and most posts are looked at by 90+ people)
3. SINGING LEADERS REFLECTIVE DIARIES Post-group evaluation by singing leaders is also gathering excellent impacts and quotes from participants, recording 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. These reflective diaries also help decide on useful case studies.

4. WRITTEN EVALUATION. All groups are also involved annually in at least one written evaluation of the impact of singing in their lives. Anonymous gathering of statistical and health related information reveals powerful information about the often compound difficulties and disadvantages people are managing.
5. SNAPSHOTS gathering of 'before' and 'after' single word quotes of how people are feeling, then presented back to the group visually (as with Music In Mind above) has proved fascinating and visually powerful for group members encouraging them to recognise all that they are offering each other.
6. INTERVIEWS by a young Lifting Spirits volunteer interested in research at University allowed more in depth conversations to explore how projects can matter to people over time, the importance of belonging to an accepting nurturing space when facing family difficulties, depression/anxiety and traumatic life events such as cancer.
7. Group feedback sessions at Songlines have proved informative as comments made by one person spark others to say more, developing trains of thought that might not have been revealed by one mind alone. These 'conversations' are planned as part of 2020's evaluation strategy. Singing leader 1-1 interviews are also useful for older frail people or people without sight or with difficulties reading and writing. Adapting how we ask for feedback to the individuals we are working with is clearly vital as one size clearly does not fit all and we want as always to concentrate on all that our singers CAN do rather than on what they cannot.

PARTNERSHIPS 2019

Our partnerships with Suffolk Family Carers, the Stroke Association, Sue Ryder's Dementia Together Service, Inside Out and Aldeburg Music remain strong. Our outreaches also offer us rich time with partners.

Janine Tomkins has been able to start sending termly briefings to our professional colleagues to update a wide range of professionals and voluntary organisations across the county and get articles into local parish magazines etc. All of this clearly extends our reach, improves our profile and has resulted in contact from new people keen to find a singing home! Our newest partnership is with Suffolk Refugee Support as we begin to proactively reach people from different cultural groups. We have developed a very positive and strong link with the International Women's Group lead though are concerned that she may move on following news at the end of the year of cuts to their service.

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 £9500 to be accrued as this reserve. This has been achieved and added to in 2019 as the charity carried forward £12000.

These strong reserves will help major bids in 2020 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 2019.

FUNDING APPLICATIONS AND PRINCIPLE SOURCES OF FUNDING

Our three major funders in 2019 were the Henry Smith County Fund,(the second of a 2 year funding stream) , a third(and final) D'Oyly Carte Trust Grant and a second Community Lottery Awards for All grant plus a raft of grants via the Suffolk Community Foundation and Local County Councillors and Charities .

Successful bids written in 2019 meant that we entered 2020 with the following in place:

HeartSong: Gt Blakenham, Bury and Lowestoft and Musical Memories– fully funded by 2nd year Henry Smith County Fund til March 2020. Larger Grant via Suffolk Community Foundation and applications to Adnams and Bury councillors applied for.

Stroke Songlines funded by Suffolk Fund Private J til end March 2020

Lifting Spirits – fully funded until July 2020 by Awards for All

Wellspring fully funded by Simpson fund until March 2020

Music In Mind funded by final D'Oyly Carte Trust funding until March 2020 then by Tudwick Trust

Bids will be written in the early summer of 2020 to find funding for groups which need funding for the rest of the year. We await news from bids to the Masons Foundation, Suffolk Community Foundations Larger Grant and Bury County Councillors.

BUSINESS PLAN

Those aspects of our business plan which have been useful have been used in bid writing. It remains incomplete however due to pressure of work in others areas.

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 2019 trustees report above

Signed on behalf of the charity's trustees

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

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

FRANCES BLACKWELL (trustee)..... date.....