

Music In Our Bones
1st January 2022 to 31st
Reference and



Trustees Annual Report
December 2022
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)
Florence Richmond (Treasurer)
Ian Flower (Trustee)
Fran Flower (Trustee)
Oliver Knowland (Trustee)
Pamela Wagstaff (Compliments and Complaints officer)
Allan Williams (Trustee _
Judith Goldsmith (Safeguarding Officer)
Adrian Stannard-Smith (Trustee)

Structure Governance and Management

1. Music In Our Bones is a Charitable Incorporated Organisation (CIO) with a foundation model constitution
2. If a new trustee 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.
3. 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.
4. 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, Florence Richmond, a practising accountant, checks all financial management issues and provides interim management reports at each meeting. Adrian Stannard-Smith manages all the charity's cash handling, recording and banking on a voluntary basis.
5. 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.
6. 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

Regular singing sessions 2022

156 singing sessions during the year created regular singing opportunities and the support that our singing communities offer to a total of 270 individuals. (up from 173 in 2021) 49 of these were via zooms.

Outreach singing 2022

We also supported 149 new singers via 7 outreach sings:

1. Inside Out Arts Community with 3 termly zoom sings for people in recovery from serious mental health distress and in-patient stays reaching a further 26 individuals
2. Suffolk Refugee Support's International Women's Group with a zoom sing with three of their groups reaching 12 individuals
3. Great Barton 'Second Chance' Stroke group reaching 28
4. Ipswich Memory Lane Café reaching 51
5. Felixstowe memory Lane café reaching 32

Total individuals benefitting from 163 singing sessions (regular sessions plus outreach) = 420

Total attendance = 1845 at regular groups, plus 159 outreach attendees

Total people trying new groups = 173 – 120 individuals new to Music In Our Bones and including 9 patients and 3 staff from the acute psychiatric Willows ward at Ipswich Hospital (up from 40 in 2021). Our publicity is improving thanks to our admin support from Hebe Raval.

Our new website

Our website <http://musicinourbones.com/>

and its gallery <http://musicinourbones.com/galleries/>

with research and feedback from our singers
<http://musicinourbones.com/benefits-of-singing-2/>

and on-line singing sessions, a legacy from the pandemic
<http://musicinourbones.com/music-videos/>

are all being enjoyed.

January to mid February 2022

Due to a winter outbreak of the new Omicron covid virus, high levels of infection amongst our singing leaders and singers and an increased sense of anxiety about

meeting in larger social groups again, we decided not to reopen for face to face sessions until after half term. We replaced 'live' singing sessions during these 6 weeks with:

- 14 zooms
- a You Tube film accessed by 181 singers and using beautiful photos sent in by singers to encourage hope and consolation
<https://www.youtube.com/watch?v=fGt-HtcLQbl>
- And a CD (sent out to 140+ singers)
- Our telephone support network continued to be hugely valued by those who were lonely, anxious, isolated or facing crises.

Mid –Feb to August

Groups started back face to face with our largest fortnightly groups still meeting half a group at a time.

ON-LINE SINGING 2022

1. Singing for the Brain

Mark Coburn, Jill Jennings and Tracy Sharp have continued to run this group fortnightly, finding and sharing favourite popular songs, celebrating the seasons and people's birthdays along the way as well as teaching songs that are easily taught.

The sessions seem important to Family carers and their partners living with dementia, wheelchair users who are at home often alone during the day and so who welcome a community of people to meet and sing with. Sometimes people have joined us during spells recovering from illness, one woman whilst her broken ankle was imprisoning her those at home with Long Covid as well as those people who are feeling agoraphobic after the pandemic and otherwise socially isolated. The liberation of being able to sing out without being heard is also valued by some!. Simply being cheered and lifted by the company of others for those caring for someone no longer able to communicate due to dementia is a vital life line helping navigate difficult days in the winter especially.

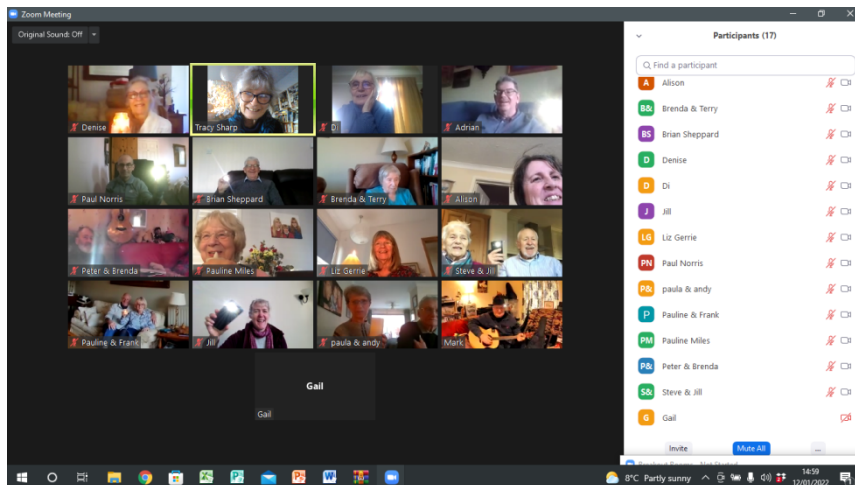
'To be frank, these zoom sings, though second best to live singing have the effect of bringing things into life that is without it, mundane. Gives a time to be ready to see familiar faces, like minded people who find such joy in singing.

Life , caring for my woman, my life partner, lost in dementia is sad, any opportunity to extend my voice lifts my spirits in ways unimaginable. It is a personal, one on one life. Lonely, frustrating, but then there is the chance to sing. Keep it going, please! My life, so damaged. Only now have I found, good people I can trust.'

Husband caring for his wife with MS and dementia without any external support.

' It's a chance to sing with others without the need to travel, which is great in very hot or very cold weather.'

‘ Group sessions on zoom have been very convenient, if mum was unable to go out. We could just join in when we were ready without disturbing anyone and if she needed, for example, to slip off to the bathroom it wasn't a big deal. Singing from her own home was special time for mum as it was her and me singing together ,it didn't matter if we went wrong, no one could hear us. We always felt more cheerful and energised after singing - in fact we sometimes carried on singing afterwards when it was just the two of us. ‘
Daughter caring for her mother with dementia.



Two sessions were attended by a total of 9 patients and three staff members on the acute psychiatric wards at Ipswich Hospital

‘We had a great time yesterday! Thanks for letting us join. We had four service users who sang along to every song with myself and our Assistant Psychologist. It worked well our end having it on the screen in the day area.’

Sessions run: 19 Individuals reached : 60 (40 in 2021)
Average group size : 12 (10 in 2021) Newcomers: 28 (12 in 2021)

2. Songflight

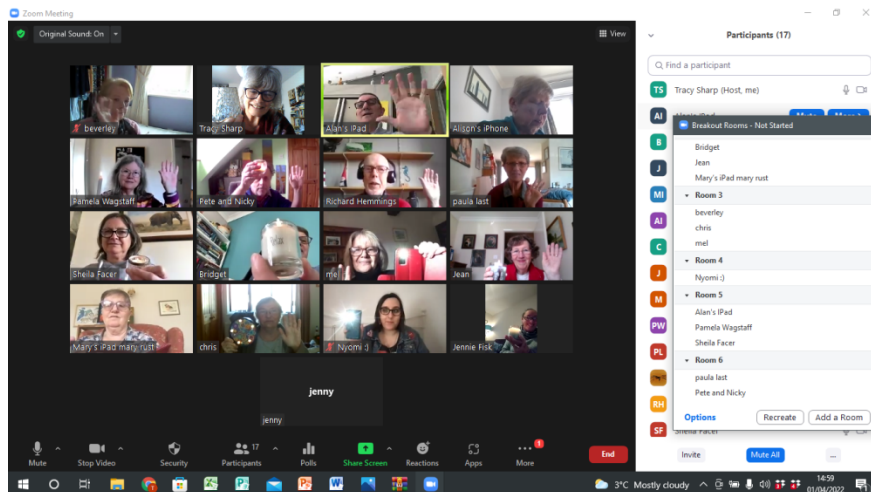
Songflight is a singing project run by Jennie Fisk and Tracy Sharp. Meeting monthly, using zoom, we have been exploring the use of breath work, chanting and led meditation and sounding to calm anxiety and help to ‘ground’ ourselves.

The sessions have been enjoyed by people living alone, those with COPD, Long Covid as well as those trying to manage high levels of anxiety post covid.

Freedom to sing out and explore the voice has also been valued by singers. Our 1-1 chat rooms also play their part in creating a safe space to simply ‘be’ for a while.

Having something to look forward to and the friendship of others is really treasured by those unable to get out independently

‘ Never let it stop! It really feels like people are there supporting you especially when you don't get out of the house. You are very special and your gift of song makes a big difference in peoples lives.’



Sessions run: 11. Individuals reached : 40 (18 in 2021)
Average group size : 11 (12 in 2021) New to group: 24

OUR SINGING LEADER TEAM

Jill Jennings has settled into the team offering valuable cover when needed as well as leading regular Singing for the brain zooms. Mark Coburn, Jennie Fisk, Fran Flower, Ian Heywood, Helen Rolfe, Denise Steward and Tracy Sharp make up the rest of our very talented and hugely supportive singing leader team.

Fran stepped down from regular face to face singing leading in July but has been supporting us all both with cover and with mentoring sessions for Tracy in the management of the charity.

NEW SINGING LEADER JOINED TEAM - Rachel Parsons having spent a year supporting Music In Mind as a volunteer and gradually gaining confidence leading the group joined us formally as a paid singing leader in September. She has sadly had to cope with a major operation since then but we look forward to welcoming her back. Rachel brings with her a huge interest in singing and Kodaly method of music teaching. We have much to learn from her approach.

MENTORING – We are also excited to be mentoring Judith Goldsmith alongside Lifting Spirits. Judith is one of our trustees and is interested in developing her considerable life-long love of musical love and singing and becoming a singing leader.

VOLUNTEERS

Our dedicated teams of volunteers with Musical Memories and Songlines have continue to offer astonishing support to others joining their groups throughout the year. One man is still telephoning a Family Carer who is very lonely and who no longer attends the group allowing him to regularly talk for a couple of hours weekly throughout the year. Many regularly travel to collect several singers on their way to their group offering all important lifts to those unable otherwise to escape the four walls of home.

New volunteers

Lowestoft has a new volunteer to support our group now that we are moving back into a time when refreshments are possible. Sarah is also a wonderfully confident singer and so is able to 'hold' a part if needed which is great.

Joe has joined the Bury HeartSong alongside Chloe both informally support this newly re-emerging group.

Clare has joined Ipswich HeartSong as a volunteer bringing with her stacks of enthusiasm and singing confidence and Len supports Ipswich Musical Memories as a driver and melodeon player so our volunteer team is growing!

OUR GROUPS

The following are details of how many individuals have returned to their face to face group

- **Lifting Spirits** run by Jennie Fisk Fran Flower and Tracy Sharp fortnightly (Judith being mentored and Fran covering absence from September)
Now moved to Castle Hill Primary School – a more spacious venue. The 2 smaller groups it had run in were reunited in September!
Sessions run 20 (with 2 zooms): Individuals reached : 40 (28 in 2021).
Average group size : 17 (13 in 2021). New to the group : 13 (2 in 2021)
- **Ipswich HeartSong** run by Jennie Fisk and Tracy Sharp once monthly (now moved to Rushmere Village Hall - a more spacious venue)
Sessions run: 11 (with 2 zooms) Individuals returned : 34 (22 in 2021)
Average group size : 11 (as in 2021) New to the group : 11 (4 in 2021)
- **Bury HeartSong** singers run by Denise Steward and Tracy Sharp once monthly (now moved to the Bury Quaker meeting house with the changed time of Thursday mornings)
Sessions run : 10 9 with 1 zoom) Individuals reached : 30 (21 in 2021)
Average group size : 7 though an average of 10 by the autumn term (9 in 2021) New to the group : 11 (5 in 2021)
- **Lowestoft HeartSong** run by Helen Rolfe and Tracy Sharp once monthly
Sessions run: 10 Individuals reached : 27 (same as 2021) Average group size : 14 (15 in 2021) New to the group : 4 (same as 2021)

- **Music In Mind** run by Fran Flower, Jennie Fisk, Ian Heywood and Tracy Sharp and Rachel Parsons. The two smaller Music In Mind groups moved to the Quaker Meeting House a more spacious venue with a garden for the better weather as one group in September.
Sessions run: 19 Individuals reached : 53 (31 in 2021) Average group size : 11 (as in 2021) New to the group : 27 (6 in 2021) 5 of these funder visitors from Suffolk Community Foundation
- **Songlines** run by Mark Coburn and Tracy Sharp fortnightly with a team of 4 excellent volunteers
Sessions run: 17 (1 zoom) Individuals reached : 26 (14 in 2021) Average group size : 11 (9 in 2021) New to the group : 12 (4 in 2021)
- **Musical Memories Ipswich** run by Mark Coburn and Tracy Sharp fortnightly with a team of 7 excellent volunteers (now moved to Rushmere Village Hall)
Sessions run 21. Individuals reached : 41 (25 in 2021) Average group size : 13 (11 in 2021) New to the group : 23 - 4 of these Suffolk Community Foundation visitors (9 in 2021)
- **Musical Memories Bury** new group run by Mark Coburn and Tracy Sharp with 3 excellent volunteers in the spacious Moreton Hall Community Centre
Sessions run 18 Individuals reached : 23 (13 in 2021) Average group size : 8 as in 2021 though autumn term has averaged 10 and the groups core is growing. New to the group: 14 (6 in 2021)

1. Outreach

Inside Out

We offered one zoom sing in February and then resumed our face to face termly sings with Inside Out which are proving to be increasingly popular 12- 16 attending our last sings.

International Womens Group – Suffolk Refugee Support

One zoom song briefly offering a song to all three zoom study groups was offered this Spring by Fran and Tracy to the International Womens group still choosing zoom. More recently further development has proved impossible as both the staff refugee situation has sadly been changing so swiftly. Plans for next Spring are in place thanks to the work we continued to offer during the pandemic that has meant we are seen as trusted partners with something valuable to offer. Fran will support this project alongside Tracy.

Partnership work

The development of a half termly briefing for professionals has advertised our groups very effectively this year. Contacts have been made with social prescribers keen to visit with 'patients' they are working with and valuable contacts with the new dementia service now run by the Alzheimers Society has been made, workers visiting Musical Memories in Bury.

Since September new referrals are being made family members, people themselves who have seen fliers and by professionals. We will be back to needing waiting lists before too long perhaps. Fortunately we now have zoom to offer should this ever happen whilst people wait.

2. Making difficult decisions to minimise covid risks for groups

We halved the group size of our two biggest groups Music In Mind and Lifting Spirits by offering monthly sessions to two groups. Those with most need of the group due to living with cancer, managing more severe mental health recovery from psychiatric stays during the pandemic, in recovery from a brain injury or those especially lonely and isolated were offered spaces in both fortnightly sessions. From September both groups started back as single groups meeting fortnightly. Lifting Spirits now regularly sings with 20 women but Music In Mind with its more elderly and mentally fragile members is proving slower to return to its pre-pandemic numbers.

3. New Musical Memories and Heartsong groups in Bury St Edmunds.

Outreach sings and very concentrated advertising via email (plus Denise and Tracy leaving fliers in every possible location in the town centre) has helped grow both groups and find new 'core' members who clearly love what is on offer.

4. Coping with grief and loss

Unsurprisingly, this has continued to play an important part of our work during the year. A few of our long established singers have died and others have needed to move into nursing care and are no longer able to join us. Encouraging the support of our singing communities at these difficult times has hopefully helped individuals and families cope with these losses in different ways:

- through phone and post contact sending cards from people's group
- signposting so that Family Carers avoid reaching crisis point and can plan necessary changes to care.
- Responding to family requests to honour the significance of singing with us in the lives of their loved ones : another much beloved Lifting Spirits singer became terminally ill this year, we supported her via zooms from the hospice and by sending her recordings from the groups of evenings she had missed. Jennie Fran and I were honoured to be asked by her to support two close friends in singing with her at three visits to her bedside during her last days. She chose a recording of the group singing to be played at her funeral which we attended and made a large donation to us in her will.
- Responding sensitively to the Queens death and all that her loss signified for our older singers in particular has also been important this year.

Some successes this year

1. Most of our groups have been supported by grants throughout the year. Latterly due to the cost of living crisis bids have been unsuccessful due to the level of need we 'compete' with.

2. A Fundraising campaign has been devised with the involvement of 15 singers to be launched in February 2023 alongside plans to apply for larger longer term funding.
3. Trustees and our singing leader team have met regularly to maximise our energy, and to ensure we are all happy with the covid related changes we have needed to make throughout the year.
4. Zoom has helped us reengage with singers no longer able to get out. However a few of our most anxious singers have not returned. Lives move on and new patterns are established. Good promotion continues to play a vital part in reaching out to new potential singers.
5. Both Bury groups which have been very hard to establish are showing very positive signs of development growing from an attendance of 4 to 10 on average.
6. Our two new and now regular zoom sessions are sustaining people who are especially isolated, new to us, or perhaps ill or simply in the need of additional sing and contact with a friendly community of singers.
7. Feedback from our singers has continued to be strong and heartfelt over this difficult year of continued change. It always reveals that feeling part of one of our singing communities allows people, otherwise isolated by illness and disability and often lonely, to experience a meaningful sense of acceptance, connection and purpose that they find rare in life.
8. Peer support within groups and volunteer singing support alongside us has been vital to maximise our impact as a charity, as outlined, our volunteers have been vitally important in maintaining our communities sense of togetherness.
9. Long and short-term benefits of singing with others has been captured from our singers frequent and positive feedback. We aim in the year ahead, now that groups are beginning to return, to focus on researching singing's benefits alongside our group members, encouraging them to have a growing understanding of what singing offers them and what they offer others in the singing.

Agreed by trustees at AGM May 10th 2023

Signature.....Date.....

Ian Heywood Chair

Signature.....Date.....

Adrain Stannard-Smith (Trustee)