Music In Our Bones

Registered Charity Number

1166578

Report and Financial Statements for the year ended 31 December 2025

Contents

Reference and Administrative Information	**3**
Trustee's report	**4**
Independent examiner's report	**22**
Statement of financial activities	**23**
Balance sheet	**24**
Notes to the financial statements	**25**

Reference and Administrative Information

Charity Name	Music in Our Bones
Charity Registration Number	1166578
Principal Address	203 Ranelagh Road Ipswich IP2 0AH

Trustees

Fran Flower	Chair 7 May 2025
Ian Heywood	Chair and Health and safety Officer Resigned April 2025
Clare Billings-Deed	Safeguarding Officer
Ian Flower	
Elizabeth Gerrie	Secretary
Adrian Stannard-Smith	
Mark Tarala	Treasurer
Pamela Wagstaff	Complaints Officer
Allan Williams	

Bankers	Barclays Bank PLC 1 Princes Street Ipswich IP1 1PN

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, Clare Billings-Deed is our Safeguarding Officer and Pam Wagstaff deals with any Compliments or Complaints. Our Treasurer, Ian Flower was replaced by Mark Tarala who was formerly appointed as Treasurer in Feb 2024. They checked all financial management issues and provided interim management reports at each meeting. Adrian Stannard-Smith managed all the charity's cash handling, recording and banking on a voluntary basis. This role has during the year been taken over by Neil Mulley who is a self-employed book keeper and who now with Tracy Sharp also manages much of the financial updating and banking.

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 Community 360, Winsley's House, High Street Colchester CO1 1UG.

Objects of the Charity

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 2025

168 singing sessions during the year created regular singing opportunities and the support that our singing communities offer to a total of **394** individuals (up from 347 in 2024)

Outreach singing 2025

We ran an additional 12 outreach sings in 2025 which reached over 185 individuals in 2025. Some of these were aimed at sharing our singers' joy of song and growing singing confidence with those unable to easily get to groups in nursing homes and memory lane cafes, others aimed at attracting new singers by visiting support groups etc.

250 people were reached via talks about our work to interested audiences

Total individuals benefiting from **167** singing sessions (regular sessions plus outreach) = **579**

Total individuals benefitting from regular sings, outreach and talks = 829

Total individuals attending fundraising events = 231

Total attendees = **2461** at regular groups.

Total people trying new groups **= 141** (159 in 2024).

Fundraising 2025

Session donations: £ 9013

Event fundraisers: £ 2028

- **Helmingham Hall Fundraising Picnic in June**. A wonderful and sunny afternoon in the beautiful and historic grounds of Helmingham Hall offered to us without cost by the hugely generous Tollemache family. It was an afternoon filled with music, laughter & community spirit. With 84 attending an amazing £692 was raised through donations & a raffle

Thank you to all the organisers; it was an amazing afternoon, so much love and joy.



- **Circle Dance Fundraiser in July**. We were delighted that a full circle of eager-to-learn dancers turned up for our first circle dance fundraiser in Rushmere village hall. An amazing 35 of us had a wonderful time thanks to the beautiful facilitation of it all by Jan Savage and to our volunteers Maria and Lisa who managed our refreshments so beautifully. A rather staggering £240 was raised.

  We soaked up music from Palestine, the Ukraine, Greece, Georgia and many Eastern European countries and were taught simple but wonderfully satisfying dances to accompany them. It was very moving to be in a large group, all holding hands and moving together in unison. The dance equivalent of our singing! It's an event we hope to repeat.

- **The BIG SING!- November.** An amazing 112 people joined us and an incredible £1,096 was raised, a wonderful reflection of how our singing family has grown.

  We sat in a huge circle several seats deep and each of our groups shared 3 songs with possibly the most supportive involved audience in the world. People started dancing and joining in within minutes. It was a truly joy filled occasion created entirely by our singers love of singing and generous gifts.
  A great team of volunteers ran all the refreshments and stalls allowing our singing leaders to concentrate on leading the musical side of the afternoon. Singers had filled wonderful hampers for raffle prizes and one room became an Aladin's cave filled with pre-loved jewellery which was quickly snapped up by delighted 'customers'! An extensive plant stall was created by our green-fingered singers and run by a hugely thoughtful and knowledgeable volunteer who sold over two hundred plants.
  Everyone left smiling and lifted. A Big Sing is another event we hope to repeat as feedback was so heartfelt, everyone obviously loved meeting and singing and dancing with people from other groups.

Such a magical wonderful event - amazing turnout and incredible huge efforts in the Organisation of a truly lovely afternoon (Singer from Ipswich HeartSong)

The afternoon was opened by a singer from Songlines, our group for stroke survivors, who led the whole group singing once more in front of a huge audience. Before his stroke he was a semiprofessional guitarist and singer.'I loved every moment of the Big Sing' Feedback from him, reminds us all why we offer what we offer and how our singing communities really can and do change lives. 'I had a stroke about 18 months before Covid came along. I used to play the guitar and I lost the ability to play any more. So I bought a ukulele. Over a five year period I managed to play three chords. Tracy and Mark at Songlines gave me a great deal of help and confidence to play in front of the others in our group. I have always loved singing. I love every minute of Music in our bones. It's helped me an awful lot to make new friends, something to look forward to every week, grown my confidence and made me realise my disability can be overcome with the power of music and wonderful leaders.



A scene from our Big Sing November 2025

Fundraising Summary

Generous donations at each session from our singers and enthusiastic support of our musical fundraisers means that over a fifth of the funding we need we now raise ourselves - a huge achievement.

Thanks must also go to our funders who ensure our singing communities are sustained and able to grow and that we are able to develop and deepen our singers' experiences as so many of our singers have such rich life experiences and singing confidence to pass on to others.

So a profound and heartfelt thank you must go to the following generous people:

The Community Lottery for a grant of £10 000

The D'Oyly Carte Foundation for a grant of £3500

Adnams Charitable Foundation £1950

Probert Family Trust £2000

Dr Lovegrove and Partners Bury St Edmunds £500

Martlesham Brass £450

Sing Out Yoxford £700

Ipswich Sing ASD £400

Ingham Social Club £535

Private donations from former and current singers and supporters approx £5000

The Suffolk Community Foundation's support helping us to apply successfully for the following:

Eastern Co-op Cares Grant £3500

Langlands Grant £2000

Denbury Grant £1638

Suffolk Giving Grant £3000

David and Jill Simpson £3000

Oak Grantmaking £1670

A huge thank you too for legacies left to us from:

Lowestoft HeartSong Singer Peter Clarke £6000

From Chris Green of Trianons funeral collection £1314

From Bury Musical Memories Singer Robert £500

Our 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.

Some of our singers, rather than paying in cash at groups, are using our 'Localgiving' donation button on our website to give regular donations. This will allow us to claim an additional 25% in gift aid and helps support us during the holidays. Hopefully this trend will grow as it'll lead to a more stable future.

Our Singing Leader Team

We are fortunate to have 'found' and retained a tremendously talented, caring and committed team of singing leaders. They offer far more than just the singing to one another and to everyone who attends. Milly Parmenter who had some time with Bury HeartSong being mentored by Denise and Tracy joined that team in January and is now a charismatic co-leader of the group .

2025 was a year of great sadness and challenge though too as we faced the illness and loss of Ian Heywood in April, who as an inspiring, creative singing leader and chair of trustees has been sorely missed. Rachel Parsons has also sadly had to step down from singing leading as

she is managing life with cancer, living life to the full but needing to conserve her energy. She continues, however, to play an important part in our lives.

As most of our groups rely on three key singing leaders, Mark Jennie and Tracy, in order to insure against any future illness or compassionate leave required by these leaders, we needed to try and recruit someone new to join the team. We were fortunate to find Kate Horn who is a recently retired teacher with a great deal of musical experience and a real thirst for developing her skills as a community musician. She has joined our Music In Mind team and is being much enjoyed by that community.

So at the end of 2025, Denise Steward, Helen Rolfe, Jennie Fisk, Jill Jennings, Mark Coburn, Milly Parmeter Kate Horn and Tracy Sharp continue to offer life-affirming singing experiences to all our groups. Emma Greaves is being mentored by Jennie and Tracy as a potential leader with Lifting Spirits and Fran Flower offers cover as and when needed alongside other singing leaders.

More about them can be found here

https://musicinourbones.com/about/meet-our-singers/

Volunteers

Our dedicated teams of 16 volunteers with Heartsongs in Bury and Ipswich, Musical Memories and Songlines have continued to offer astonishing support to others joining their groups throughout the year. Many of our volunteers regularly travel to collect singers or other volunteers on their way to their group, offering all important lifts to those unable otherwise to escape the four walls of home. Our volunteers, alongside singing leaders and trustees often help run our fundraising events and support project work such as our singing alongside women via Suffolk Refuge Support.

New volunteers:

Paula has joined the Bury Musical Memories team, but in Bury HeartSong we sadly said goodbye to Chloe who has supported the group for 10 years but due to growing work and allotment commitments needed to free up more time. Ruth joined us as a volunteer with our International Women's singing project

Singing Supporters

We have 8 trained singing supporters to support our outreach sings offering a huge boost to the sound we make and the sense of celebration. 6 HeartSong singers, in addition, have joined us at Westerfield House when we have offered sings there. So many more people can be 'reached' when we have our singers alongside us. Singalongs are transformed into meaningful moments of musical connection.

OUR GROUPS 2025

Lifting Spirits

Run by Jennie Fisk and Tracy Sharp fortnightly mentoring Emma Greaves
(Fran covering absence)
Location - Castle Hill Primary School.

Sessions run : 21

Individuals reached : 55 (48 in 2024)
Average group size : 24 (18 in 2024)
New to the group : 20 (18 in 2024)



Why do the women involved sing with us?

Our Community Lottery grant has helped the stability of our group and this year has seen our core numbers rise with most sessions being attended by around 24. The group is very settled and hugely supportive of one another. Two group members' management of 2 whats app groups, one social, the other passing on the songs we share, has helped continuity offering a great sense of connection to people if they are ill or unable to attend. Our open mic sessions have continued to be popular and we chose this Christmas to celebrate in the hall rather than decamp to a crowded pub!

Lifting Spirits singers, often younger than members in some of our other groups, offer huge support at our fundraisers, managing whole aspects of events, as well as generous offers for stalls and lifts. Commitment to the group is palpable, everyone delighted to see one another always, concentration within the singing is also obvious, everyone delighting in the chance to make a beautiful sound together, needing that sense of release from daily worries and challenges.

'When my son was diagnosed with a lymphoma cancer it was a difficult time that singing friends at Lifting Spirits helped hold me through. We do this for each other.'

The group supports those with challenging caring roles, as well as those managing life with challenging physical and pain issues. Grief, social anxiety and severe depression are also issues faced by many of the group's members. Their feedback highlights why the group plays such a meaningful role in people's lives

'This singing community felt like home when I lost my stepfather and mother in quick succession, this one the one place I could feel like the old 'me', for a little while I

forgot how sad I was.'
'As a former family carer and survivor of domestic abuse I have found a safe space to express, connect and find comfort.'
'Singing allows me to really get into a different space, more spiritual – uplifting – fun'

Ipswich HeartSong

Run by Jennie Fisk and Tracy Sharp once monthly with Milly Parmenter offering support and cover
Location- Rushmere Village Hall
Sessions run: 11
Individuals reached : 33 (25 in 2024)
Average group size : 16 (12 in 2024)
New to the group : 18 (12 in 2024)



Ipswich HeartSong offers a smaller and very settled group for people who find busier groups more difficult to manage. The group has however slowly grown averaging 15 by the end of the year and is especially important for those managing life with anxiety or autism or conditions that lower energy levels. The group offers a gentle space for those needing a more soothing sing whilst enjoying more upbeat occasions too!
Members have been very generously involved in fundraisers helping grow and manage the plant stall at the Big Sing, knitting warm hats gloves and wrist warmers for groups to buy and helping with strategic fundraising ideas too.

Bury HeartSong

Run by Denise Steward, Milly Parmenter and Tracy Sharp once monthly
Location- Bury Quaker meeting house
Sessions run : 11
Individuals reached : 34 (38 in 2024)
Average group size : 11 (12 in 2024)
New to the group : 20 (17 in 2024)



Bury HeartSong is one of our smaller groups, but one that with Denise and Milly's influence is growing. We have recently attracted some younger singers, some managing life with serious anxiety issues, one who is visually impaired and who finds the way we teach helpful, fun and highly accessible which is good news. The group has formed a more constant core of people now, and will hopefully grow in the year ahead with the help of some outreach. A spirit of support, acceptance and gentle concentration characterises the current Bury HeartSong community. It means a great deal to those who attend.

Some feedback..

'Tremendous appreciation to you, Denise and Milly for our very enjoyable singing sessions in Bury. All your hard work in preparing for these sessions is acknowledged and all of you are always so upbeat and smiling giving us further benefits.'

Lowestoft HeartSong

Run by Helen Rolfe and Tracy Sharp once monthly

Location- St Marks Church Hall

Sessions run: 10

Individuals reached : 26 (35 in 2023)

Average group size : 21 (20 in 2024)

New to the group : 1 (7 in 2024)

Lowestoft HeartSong has maintained its strong following this year with slightly increased average numbers and a very consistent core of people attending who offer one another huge support within and outside of sessions. Many lifts are offered to enable people without transport to attend and helpers from the group always manage all our refreshments. The strength of the group can be sensed in, for instance, this year, one member issuing an invitation to the entire group to attend her 80th birthday ceilidh, an offer taken up and much enjoyed by several singers!
Helen Rolfe continues to help 'hold' this once monthly group with a telephone call to catch up on how everyone is and to put people in touch with each other if this is asked for. This is undoubtedly important 'glue'.
Aware that many of our events are Ipswich centred, the group was offered free transport to our Big Sing. Those able to make the event absolutely loved the opportunity to sing in a bigger setting. They were the first onto the dance floor and certainly sung their hearts out. Feedback..

What a fabulous day it was. So worth the journey down from Lowestoft. The singing and dancing was amazing and so good to sing with all your other groups. Yes please. another one next year. Thank you so much for all the effort you put it to organising such an uplifting experience.

Music In Mind

Run by Jennie Fisk, Ian Heywood Tracy Sharp Rachel Parsons and Kate Horn.
Location- Ipswich Quaker Meeting House and Ipswich library
Sessions run: 20
Individuals reached : 53 (45 in 2024)
Average group size : 16 (17 in 2024)
New to the group : 25 (19 in 2024)



Our Music In Mind singing community has had a challenging year as they have borne the brunt of our loss, for different reasons of both Ian and Rachel, both of whom were much loved and both of whom wrote songs constantly FOR the group, a special gift indeed, and thankfully an important legacy both leave us with. Kate Horn's arrival has really helped bringing with her new songs and her ukelele to cheer!

Some of Music In Minds older members sadly can no longer attend as regularly due to their Parkinsons worsening etc and we decided to change venue back to the library which became vacant once more. This has really helped access for those with mobility issues as it's fully accessible with onroad parking for those with a blue badge. Changes of venue though never help a group as we have needed time to settle into the library space and have had to cope additionally to several room changes due to works there. Never the less, the group has welcomed in new people and is gradually growing again.

An outreach early in the year to Oddfellows has helped and we have been found by a couple of mental health peer support groups. When a very anxious and withdrawn newcomer was asked if he would come back after a sing he replied that he would, as he 'felt full of joy'. Two younger people with mild learning difficulties attend with their carers and are valued members of the group.

Most members of the group have supported all our fundraisers, enjoying that feeling of being part of a larger group and able to offer support too. Seeing people who struggle to go out or to be alongside lots of other people is a very moving testimony to how important to their hearts their singing community is. The group has a very vibrant buzzy energy often as the singing seems to offer otherwise withdrawn people the chance to relax and let off some steam alongside people they know don't judge and who will join them.

Songlines

Run by Mark Coburn and Tracy Sharp fortnightly with 2 excellent volunteers and help from very supportive former and current Family carers.

Location- Rushmere Village Hall Sessions run: 21

Individuals reached : 15 (32 in 2024)

Average group size : 14 (15 in 2024)

New to the group : 5 (14 in 2024)

Songlines is a very consistent singing community with highly committed individuals who see singing as playing an important part in their recovery. Clearly for those struggling with speech it's a liberating time to look forward to. With changes to local stroke support, and a large support group closing in Ipswich with the loss of its worker, reaching new people has become more of a challenge. We hope to remedy this in the year to come and to reach more people via targeted advertising and outreach. Increasing our volunteers will also support people with aphasia to have supported conversations in our breaks. Being a smaller group however offers a highly supportive environment in which to try out your voice and it has been a critical part of several members' development.






A case study! Claire (to preserve anonymity)

Claire is in her late 80s and has a daughter with an acquired brain injury following a tragic fall as a teenager. Her daughter is a wheel chair user and cannot communicate using language although she is highly responsive to her environment and those she loves who care for her. She LOVES music and often moves from being withdrawn or quite upset and giving distressed cries to being absorbed in the music, smiling and nodding and moving rhythmically to favourite songs. The Songlines singing community has welcomed both Claire and her daughter in with open arms and complete acceptance. Her mother so values this change in her daughter and the opportunity that the sessions give her to feel close to her, that

she comes with two members of her daughter's staff in a wheelchair assisted vehicle at least once monthly. These are precious times shared in the music making, times of great happiness. Here they are together.



Musical Memories Ipswich

Run by Mark Coburn and Tracy Sharp fortnightly with a team of 7 excellent volunteers

Sessions run: 21
Individuals reached : 35 (47 in 2024)
Average group size : 20 (22 in 2024)
New to the group : 25 (19 in 2024)

Musical Memories our year began with smaller groups due to illness and the loss of some of our regulars who sadly died or had to move into homes. However, the group seems to be going from strength to strength seldom, by the end of the year, being attended by fewer than 24. Our strong links with Memory Lane Cafe means that we have new people often



recommended by cafe members. Many people knowing one another well fosters a very lively sociable feel in the group and there is ready joking laughter and dance as well as roof raising singing. Mark's variety of instruments are much appreciated by the group and everyone enjoys the mix of learning new songs, getting up to dance, getting involved in using rhythm instruments and singing along to songs that are favourites. Mark is able to hold the music and singing whilst Tracy encourages people up onto the dance floor : Partnership work in action!

Musical Memories Bury

Run by Mark Coburn and Tracy Sharp with 3 excellent volunteers
Location- Moreton Hall Community Centre
Sessions run : 20
Individuals reached : 63 (51 in 2024)
Average group size : 25 (20 in 2024)
New to the group: 33 (34 in 2024)



Bury Musical Memories is another group of people who due to living with dementia with all its worries and appointments attracts people keen to get involved in all we offer. People get up and dance and increasingly socialise in the break. During the year we sadly lost some very significant members of the group when they either died or had to move into nursing homes. There has also been a lot of illness and injuries due to falls managed by group members so its currently not bursting at the seams as we were a year ago. Numbers are steady and very positive however especially given how difficult it often is to leave the house and get out. One daughter who's father died this year brought in a legacy of £500 for the group from him and this message that speaks volumes about the significance of these moments when suddenly people living with dementia feels relaxed and themselves again, daughters reunited with fathers and mothers, couples remembering each other as they used to be in the singing, Our caring team of wonderful volunteers help ensure that Family Carers too get a break and the chance to share a little of all they are facing in the break.

'Musical memories was an important group for my Dad. 'Thank you' to you and Mark for all your smiles and positivity, for stirring memories, bringing joy and accessing Dad's memory bank which was ever decreasing in other ways. And thank you and Mark, the volunteers and the group for your support of me.'

ON-LINE SINGING 2025

Zoom Musical Memories

Sessions run: 19

Individuals reached : 22 (19 in 2024)

Average group size : 6 (10 in 2024)
Newcomers 10 (23 in 2024)

'Well X really looks forward to his fortnightly singing sessions. It really lifts his spirits and he has such a smile on his face knowing that he can join the group to sing. This is such a valuable link to people

like Alan that are restricted to what they can do and where they go. It really helps him with his mood as he is stuck at home due to me having to work. I cannot thank you and your team enough for what you do. This is a way for X to engage with others through singing as he has no other way of doing this and I think it makes him feel on the same level as he is singing with them.'



Our on-line offer as the year has progressed has become very small with often only a handful of people joining us. Clearly everyone who can has re-engaged with their groups. But sadly these very low numbers mean that we have decided to close our on-line Musical memories group after Easter 2026 as the Community Lottery's funding should really be used to reach many more people over the coming two years if we are lucky enough to be successful with our bid.

We are very aware however that those who attend our online group are mainly those unable to get out to other groups due to physical disabilities or M.E. and exhaustion or dementia. The community that we offer is extremely important to those who do attend as the feedback above makes clear.

We are looking into ways of researching other online options and being able to speak personally about their benefits. Mark also feels it should be possible to stream our Songlines sings and link up live to the few people we know to be at home and wanting contact with us that way. This will be an exciting new venture requiring Mark's drive to support these singers and his considerable I.T. knowledge to achieve!

Outreach

Our outreach continues to play an important role in the life of Music In Our Bones. The taster sessions offer life-affirming sings to people often attending support groups or dementia cafes etc. These can be an important way, over time, of establishing trust and confidence in us with people who are anxious about new places and groups. Several of our outreaches have successfully led to new people joining our regular groups. Our taster sings also offer our singing supporters the chance to share their love of song and their understanding and empathy with others in our wider community - it's important meaningful volunteering that allows them to witness the difference and the bonding that singing can achieve. Support groups are often amazed at the connections created in singing amongst people who perhaps sometimes struggle to feel close.

Jennie and Tracy continue to offer 3 outreach sings a year to Inside Out Arts Community. These have led to us attracting new members to our Ipswich groups as well as offering important singing connections to be made during the sessions themselves without anyone having to talk about the issues they face. Feedback from a participant in October was "Soul strengthening, enlightening. Feeling invigorated and relaxed, calm & uplifted"

'Singing together with other people makes you realise other singers are 'your' people'

Communication Group outreach 2025 run by Mark Tracy and Fran

Just wanted to say a huge thank you for the session you ran last week! It was lovely to see the group come together participating in the music. I saw lots of positive engagement and it was a joy to see people singing who find communicating via speech difficult.
Speech therapist Georgia Bowker

Chronic Pain support group outreach July 2025 run by Denise and Milly

Members of the group love the singing sessions, they find them fun and enjoyable. They are always keen to participate. Denise and Milly were warmly welcomed by the members and they in turn are so good with the members, they have a way of encouraging them to join in whether they can sing in tune or not. Members do remember some of the songs so are happy to sing along with them. A very uplifting session and we will not hesitate to invite Music in our Bones to join us again in the new year. One of our members does already come along and sing at one of your sessions and finds it joyful, giving her a little respite.

Tower Hall outreach run by Mark Tracy and singing supporters

Thank you and Mark and the group so much for your visit today. Very much enjoyed by everyone in various ways and much appreciated. You're very natural, relaxed and non-threatening. And of course always fun! People can be very wary about singing. "Cant sing!" But you are totally reassuring and they loved the chimes.

International Women's Singing Project 2025

Sessions run: 14

Individuals reached : 35

Average group size : 10

It has been a very positive year with our women's singing project. Jill and Tracy supported by Rosemary, Penny, and Fran initially and joined latterly by Ruth ran 14 sessions. Our relationship with Suffolk Refugee Support has become a very strong one and we are now invited on a termly basis to offer singing as the second part of their English language class.

Two short films have been made during the year using photos shared by the women in the group of their homelands and photos of their and their children's hands. Here is ' This is home' https://youtu.be/KbVrkRt20oQ

We also discovered in getting to know the women in the group better (this being difficult due to language barriers) that being Muslim Kurds, Afghani, Sudanese and Albanian women they are in fact culturally much more comfortable circle dancing and drumming with wide hand drums than with singing. Clearly our harmony singing tradition is a western not an eastern muslim tradition, using a scale that is not the sound-scape everyone in the group is used to.

We were excited to be successful in gaining funding for 6 large hand drums from the different countries of the women who attend. There has been a lot of excitement at being able to play drums again, like the drums from home that had to be left behind. We split our session time now, Some time is spent teaching our songs as a way both of sharing English language, bringing everyone across language barriers together in those simple and uplifting songs and rhythms. We then use the rest of the session to encourage the women attending to share their own music using you tube and our blue tooth speaker to dance and drum to. Much laughter and dancing has been shared this year as we have been able to hand more of the running of the session over to the women attending themselves. The sessions are always very lively and chaotic with babies and toddlers and music from widely differing cultures all in the mix!

Partnership work

Our main promotion has been via our professionals' 'What's on' which have proved very successful now reaching 219 professionals half termly.They help keep professionals aware of what we have on offer and remind them that singing might help those they support.

Our main partnership work this year has been with Inside Out, speech therapists who we offered a training session to, and Suffolk Refugee Support.

Minimising covid / chest infection risks for groups

Minimising risks we now

1. Enjoy larger singing spaces
2. Try to ensure good air flow in these
3. Ask our singers to avoid our sings if they have a cold, sore throat, unexplained cough or headache or feel 'off' or coldy.
4. Ensure that singing leaders still test for covid if they feel at all ill themselves.

Approved by the trustees

Signature……...Date 23rd September 2026

Chair FRANCES FLOWER

Independent Examiner's Report
I report on the accounts of Music in Our Bones for the year ended 31st December 2025 which are set out on pages twenty-three to thirty.

Respective responsibilities of trustees and examiner
The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed.

It is my responsibility to:
- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of independent examiner's Statement
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement
In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

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

David Courtier FMAAT AATQB for and on behalf of:



Community360
Winsley's House, High Street, Colchester, Essex, CO1 1UG Date: 24th September 26

Statement of Financial Activity for the year ended 31 December 2025

	Notes	2025 Unrestricted £	2025 Restricted £	2025 Total £	2024 Total £
Income					
Donations and legacies	4	7,573	21,093	28,666	47,666
Incoming Resources from Charitable Activities	5	0	17,640	17,640	0
Total incoming resources		7,573	38,733	46,306	47,666
Resources expended					
Charitable activities	6	11,539	38,986	50,525	51,736
Total resources expended		11,539	38,986	50,525	51,736
Income (deficit) for the year		(3,966)	(253)	(4,219)	(4,070)
Transfer between funds		(607)	607	0	0
Net fund movements		(4,573)	354	(4,219)	(4,070)
Total funds brought forward		17,836	26,226	44,062	48,132
Total funds carried forward		13,263	26,580	39,843	44,062

Balance Sheet As At 31 December 2025

	Note	2025 £	2024 £
Current Assets			
Current Account		20,007	44,396
Deposit account		20,176	6
		40,183	44,402
Current Liabilities			
Accruals		(340)	(340)
Grants received in advance		0	0
		(340)	(340)
Net Assets		39,843	44,062
Represented by			
Restricted Reserves	7	26,580	26,226
Unrestricted Reserves	7	13,263	17,836
		39,843	44,062

The financial statements were approved by the Board of Trustees and authorised for issue.

Signed on behalf of the Board



Chair FRANCES FLOWER

Date 23 Sept 2026

Notes forming part of the financial statements for the year ended 31 December 2025

1.1 Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)(effective 1 January 2019). (Charities SORP), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Cash flow statements

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1asis of accounting

1.2 Change of accounting policy

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2

1.3 Accounting estimates

There have been no accounting estimates made in either of the two years reported in this document.

1.4 Material prior year errors

There are no material errors in the prior year's accounts.

2 Accounting policies

2.1 Income

A) Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the resources and the monetary value can be measured with sufficient reliability.

B) Offsetting

There has been no offsetting of assets and liabilities, or income and expenses.

C) Grants & donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

D) Government grants

The charity has received no government grants in the reporting period.

E) Tax reclaims on donations and gifts.

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

F) Donated goods.

There have been no donated goods in the period.

G) Interest Income.
This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

2.2 Expenditure and Liabilities

A) Liability recognition
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

B) Governance cost.
Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice

C) Grants with performance conditions
There were none in the year or the previous year

D) Grants payable without performance conditions
There were none in the year or the previous year.

E) Employees
There were no employees during the year or prior year. All work is undertaken by self employed people.

F) Deferred income
There was no deferred income in the current or previous year.

G) Creditors
The charity has creditors which are measured at settlement amounts less any trade discounts.

H) Provisions for liabilities
A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date. No provisions for liabilities has been included in the accounts for the current or previous year.

2.3 Assets

A) Fixed Assets
There are no fixed assets.

B) Current asset investments
These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

C) Debtors

There were no debtors in the current or previous year.

3 Payments to Trustees

During the year the following trustees received payment for their work as singing leaders. Ian Heywood £nil (£1,890 2024), Fran Flower £nil (£1,510 2024)

4 Donations and legacies

	2025			2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Workshop donations	2,447	9,013	11,460	17787
General Donations	4,956	12,080	17,036	27175
Other	0	0	0	2704
Interest	170	0	170	0
Total income	7,573	21,093	28,666	47,666
Total 2024	11,611	36,055	47,666	

5. Incoming Resources from Charitable Activities

	2025			2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Grants	0	17640	17640	0

6 Resources expended- Charitable activities

	2025			2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Direct Costs				
Tutor Fees	1,070	28,770	29,840	33670
Venue Hire	120	5,527	5,647	5137
Project Management	7,998	0	7,998	7753
Volunteer expenses	0	370	370	180
Outreach	0	0	0	425
Support Costs				
Administration	955	2,643	3,598	3429
Governance	928	0	928	985
Insurance	157	0	157	142
Publicity	0	0	0	15
Other	311	1,676	1,987	0
	11,539	38,986	50,525	51,736
Total 2024	9,122	42,614	51,736	

7 Analysis of funds

2025

	Opening Balance	Income	Expenses	Transfers	Total
Lifting Spirits - Musical Memories Zooms- International Women-Flash Mobs	10,000	1,335	(11,595)	260	0
Music In Mind	262	6,173	(5,184)	0	1,251
Heartsong - Lowestoft	0	8,810	(1,442)	0	7,368
Heartsong - Bury	0	3,259	(1,785)	0	1,474
Heartsong - Ipswich	0	846	(2,254)	1,408	0
Musical Memories - Bury	0	4,281	(4,120)	0	161
Musical Memories Ipswich - Crane Fund	0	7,397	(5,035)	0	2,362
Songlines	0	4,256	(4,070)	0	186
Legacies- Restricted Funding	288	0	0	(288)	0
Suffolk Carers Funded Information And Training Sessions	176	0	0	(176)	0
Age Unlimited Restricted Funding	9,496	0	(1,825)	0	7,671
Thomas Wolsey Flash Mob Sings	0	1,638	(1,041)	(597)	0
Working Together Award - Restricted Funding	4,031	0	0	0	4,031
Songrise - Restricted Funding	1,973	738	(635)	0	2,076
					0
Unrestricted - Donations - Outreach-Admin-Project Management - Meetings	17,836	7,573	(11,539)	(607)	13,263
	44,062	46,306	(50,525)	0	39,843

2024	£	£	£	£	£
	Brought forward	**Income**	**Expenses**	**Transfers**	**Closing balance**
Lifting Spirits - Musical Memories Zooms- International Women-Flash Mobs	1,692	11,939	(13,881)	250	0
Music In Mind	0	5,749	(5,487)	0	262
Heartsong - Lowestoft	720	851	(1,783)	212	0
Heartsong - Bury	0	406	(2,051)	1,645	0
Heartsong - Ipswich	0	520	(2,462)	1,942	0
Musical Memories - Bury	0	835	(3,735)	2,900	0
Musical Memories Ipswich - Crane Fund	510	3,333	(4,311)	468	0
Songlines	0	731	(4,257)	3,526	0
Legacies- Restricted Funding	373	0	(85)	0	288
Suffolk Carers Funded Information And Training Sessions	3,603	0	(3,427)	0	176
Age Unlimited Restricted Funding	9,666	0	(170)	0	9,496
Thomas Wolsey Flash Mob Sings	0	944	(965)	21	0
Working Together Award - Restricted Funding	4,031	0	0	0	4,031
Songrise - Restricted Funding	1,226	747	0	0	1,973
Unrestricted - Donations - Outreach-Admin-Project Management - Meetings	26,311	11,611	(9,122)	(10,964)	17,836
Grants received in advance	0	10,000	0	0	10,000
Total	48,132	47,666	(51,736)	0	44,062