

**JOY OF SOUND**

**ANNUAL REPORT AND ACCOUNTS**  
**FOR YEAR ENDED 31/03/2025**

**COMPANY REGISTRATION**  
**No. 6403192**

# JOY OF SOUND

Report of the trustees for 12 months ended 31/03/2025.

The trustees present their annual report and financial statement for 12 months ended 31/03/2025 and confirm that they comply with the Charities Act 1993, as amended by the Charities Act 2006, the Trustee Deed and the Charities SORP 2005.

**Name of Charity:** Joy of Sound (JOS)

**Charity Registration Number:** 1126361

**Address:**

48 Larner Road  
Erith  
Kent DA8 3RD

**Bankers:**

Bank of Scotland  
Community Banking  
38 St. Andrews Square  
Edinburgh EH2 2YR

**Accountants:**

Accord Accountants  
191-193 High Street  
Hampton Hill  
Middlesex  
TW12 1NL

**Board**

Active Trustees = 8  
Angela Contucci - Chair  
Christopher Leeds - Treasurer  
Karen Morgan - Secretary  
Anna Franklin, Hugh Aynsley, James Wilkie, Nigel Gilderson, Jenny Fone

No. of Trustees Meetings during 2024/25 = 3  
AGM Meeting: 1

**Management Committee**

Core team: 8  
Extended team: 16  
No. of Management Meetings during JOS 2024- 25: 24

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## Joy of Sound (JOS) Chairperson Annual Review 2024-2025

A heartfelt thank you to all the dedicated JOS volunteers, workshop participants, and partners who generously contributed their time and energy during JOS's 25th year of building an inclusive community. Your involvement has been instrumental in helping us move closer to our goal of building a more inclusive and co-creative society.

This year has been marked by exciting collaborations and new initiatives, while also focusing on strengthening and refining our core programs. We currently host three in-person music sessions and three online wellbeing sessions each week, plus a new Photography based project. These sessions run concurrently, providing participants with flexible options to join from home, connect with others across different regions online, or attend both types of sessions—taking advantage of our three live events held across London.

We are in our 4<sup>th</sup> year of 5 year, £50,000 funding grant from the City Bridge Foundation

At the start of the funding, Giles Shilson, Chairman of the City Bridge Foundation, stated:

“These sessions have a significant impact, as individuals who often struggle with communication can unexpectedly connect with others through music. Joy of Sound boasts over 20 years of experience, and we are pleased that our funding is supporting its innovative and inclusive approach to music-making, allowing it to reach an even greater number of people.”

This funding has been crucial in supporting us through increasing costs, especially for core expenses such as venue hire, new and upgraded equipment, and expenses related to nourishing our expanding, dedicated, and hardworking volunteer team.

Attendance remains consistent, and we are observing more individuals gaining confidence in returning to regular in-person sessions. We are pleased to see the groups expanding, and we believe that very soon, we will be approaching pre-COVID attendance levels. Thanks to the support of the City Bridge Foundation, we have established a stable foundation from which to continue growing and progressing.

We continue to work closely with Greenwich University and Goldsmiths University alumni on Digital Inclusion.

Kima Voice has been an intriguing exploration into whether deeper connections can be strengthened through singing together, potentially enhanced by a custom-designed online platform that generates visualizations for the harmonised voices in the partnership.

We are continuing to develop prototype web pages aimed at making our online communications more inclusive, enhancing accessibility, and offering interactive content for participants. This is a long-term initiative, and we are approaching the stage of testing an inclusive homepage for the website.

We have maintained our most popular online workshops: Tai Chi, Dance and Movement; Seated Mindful Breathing; and our Seriously Silly Sensory Session.

Thanks to the dedicated efforts of our volunteers, trustees, supporters, donors, grant providers, and participants, we have reached a stable position with promising prospects for a sustainable future.

## Our Impact

Chris Leeds, Trustee and Lead Facilitator, stated:

*“Our ethos is to create a non-judgmental space where individual creativity can flourish, allowing people to participate independently as equals, thereby building confidence and self-esteem. Our core work continues to support social and creative participation for individuals in the PMLD, LD, and Disability sectors, as well as those experiencing mental health challenges, isolation, living in residential homes, or facing travel barriers. Additionally, our Photography project and Hackney outreach initiatives have expanded our reach to more elders”.*

## Participant Attendance

During the past 12 months the JOS team, which includes 29 volunteers, has facilitated:

- 4347 attendances at 147 workshops at regular venues
- 2156 attendances at 144 Zoom on line sessions
- 105 attendances at 2 community based outreach projects.

Participant / Associates/ Collaborators attendances included:

Disabled People	3158
Elderly Community	1254
Family members, children, visitors	468
Support Workers	2068
Volunteers	1016

## **Social Media and Web Activity**

Facebook

1518 content views, 506 visits by 575 different people, gaining 10 new followers. There were 164 views of last year's Windmill events.

Instagram

130 content views, 64 visits by 50 different people, of whom Women were 62% and Men 38%.

Vimeo

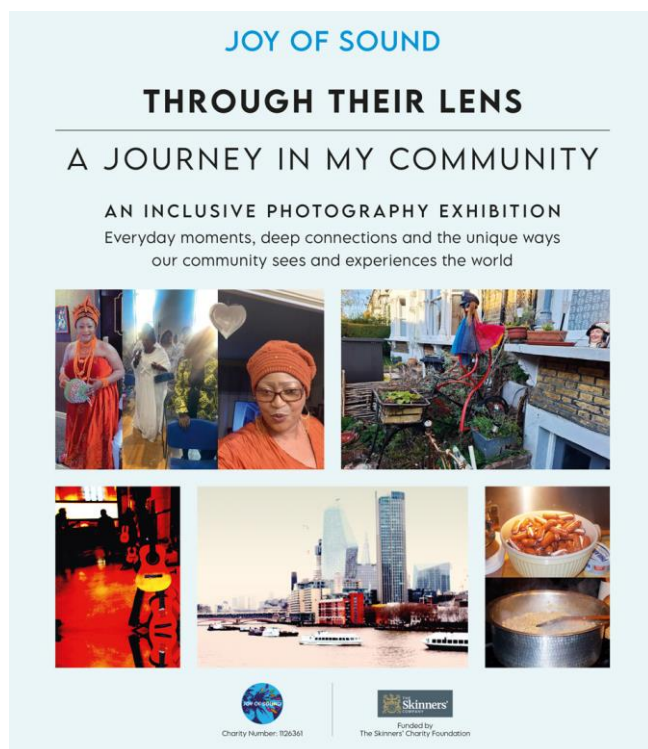
141 views with 52 unique viewers, 96 via [joyofsound.org](http://joyofsound.org), 26 directly via [vimeo.com](http://vimeo.com), and 14 via [hackneylocaloffer.co.uk](http://hackneylocaloffer.co.uk). Two most popular films are JOS at Grotowski Institute and Inclusive Instruments.

JOS Website

10K page views, session starts of 3.8K and 9.7K user engagements. There were 2.9K first visits. Join a Session was the most visited page with 4.1K views. The second most visited page was About Joy of Sound, which had 2.2K views.

## Workshop Sessions

### Practice Development



In January 2024 we were thrilled to invite participants and support workers from our St Mary's of Eton music group to take part in our photography project, "Through Their Lens: A Journey in My Community." Thanks to the generous support of the Skinners Charity Foundation, we have engaged the Hackney community in sharing their unique perspectives and experiences.

This work will highlight the diverse self-expression of our Hackney community. Coming from day centre communities or living independently, they bring a wide range of perspectives and experiences, offering an insightful look into the vibrant and varied lives within the group.

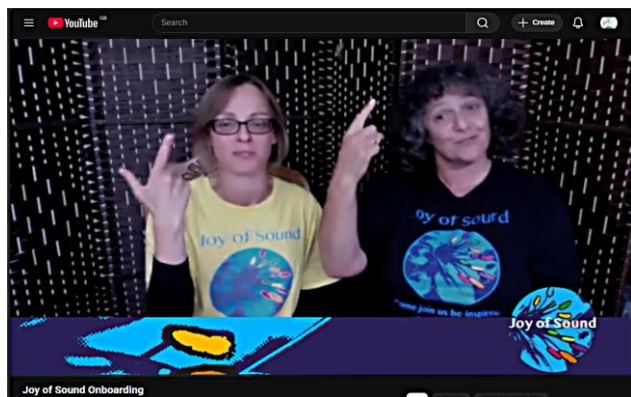
Participants were equipped with digital cameras and guided by written instructions

with explanatory icons to make the process accessible for everyone, especially those who felt uncomfortable with reading.

Support workers were also encouraged to participate, allowing them to expand their own experiences beyond their usual roles within the community.

Throughout the project, we encouraged participants to visit interesting locations, challenged them to capture unique images, and to enjoy the creative journey.

We are proud to be able to showcase their talents and the power of self-expression through this vibrant endeavour. At the end of the project, the expressive works created will feature in a gallery exhibition open to the public, and printed albums will be produced.



We continue to incorporate Makaton Sign Language, widely used in residential homes and educational settings, to support communication. We use it regularly now in sessions to incorporate welcoming phrases and for people to tell the group their names.

We are developing its use in our video presentations.

### **In- person, 'Live 'Music Sessions**

Due to a significant increase in rental costs, our regular weekly sessions had to relocate from St. Barnabas to St. Mary's of Eton which allows us to continue providing a service in the Hackney area on Tuesdays.

We continue providing a service at Portobello Salvation Army Hall in Kensington & Chelsea every Thursday, and at St. Peter's Heritage Centre in Lambeth on Fridays.

It is always rewarding when feedback affirms that we are achieving our goals of inspiring people and delivering co-created, inclusive sessions that help boost individuals' self-esteem and confidence.

*"A huge thank you to the incredible workshop facilitators. Your dedication in delivering an engaging workshop truly energised our participants and associates. The time and commitment you invest in each session shine brightly, as you consistently bring fresh and accessible experiences to our community. We couldn't be more grateful for your unwavering efforts and passion!" JF*

### **On Line Interactive Wellbeing Sessions**

#### **Seriously Silly Sensory Sessions**

Sensory Sessions utilizes accessible improvisation games to encourage socialisation and stimulate the senses. One of the most joyful outcomes is the laughter and connection enabled through playful mirroring; hardly a session goes by without participants immersing themselves in playful sensory interactions. These often lead to unexpected and hilariously amusing moments.



*"We make each other laugh, and make different sounds and movements which makes everyone feel included, even people who don't have English as their first language"*

Anonymous

#### **Seated Mindful Breathing**

The Seated Mindful Breathing sessions pitch the activity at an inclusively accessible level, so that individuals are encouraged to explore the edge of their limitations and capabilities.

Focused activity, balanced by mindful movements and stillness shared by the group can be transformational for mood, sense of self, awareness of breath, increased energy and ease of mobility.

*I just came to the session from a job interview feeling very tense. The breathing and movements helped me connect with my body and free from things I carried that didn't serve me. I often close up and isolate myself emotionally, socially and physically. The session helps me open up and expand, and in just a few weeks it is making such a difference to my life and wellbeing. It is a very gentle and safe space and community. I know no one is judging what I do or how I show up as I'm often nervous about it and it's really lovely to be free from those anxieties. Thank you so much for your work in bringing such a beautiful gift and service to everyone who comes.*

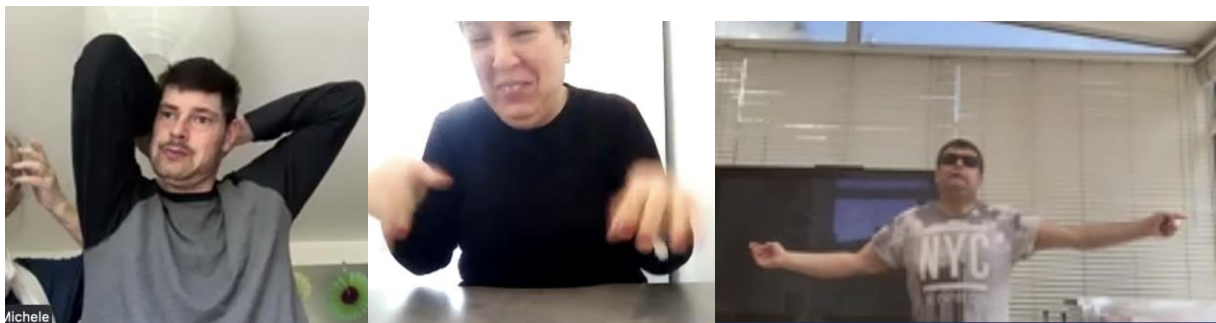
Chieko Arai- violinist and teacher

### **Dance and movement**

An interactive and participatory session featuring music from around the world, encouraging individuals to share, collaborate, and create together. Participants will have the opportunity to develop and perform a dance sequence that celebrates cultural diversity, encouraging peer collaboration and enhancing flexibility and coordination. The session aims to provide a fun and playful environment where everyone feels inspired to express themselves through movement, promoting social interaction, creativity, and enjoyment for all involved.

*"It helps me flex and move my muscles especially my back and sides it makes me feel happy. I enjoy the music from around the world"*

Alana



*"The sessions with dance and movement are a wonderful source of exercise, which is fun and inclusive. The fact that the sessions are held online has a huge impact for Create's clients because it makes it easy for them to take part. Our clients look forward to taking part and choosing a movement that all can copy. Each week there is a different music theme which ensure that the music stays new and fresh. Thank you, Angela and Morgan for providing such fun and interesting sessions for all to enjoy and take part in".*

'Create Hub J A'



## Volunteers



Portobello volunteers

We would like to extend our heartfelt gratitude to all our volunteers for their unwavering support of JOS throughout this year. Their uplifting and committed generosity of spirit has been invaluable, and without them, we would not be able to offer this unique service to our community.

*“Co-facilitating JOS sessions helps me work with colleagues to support adults with disabilities and their carers benefit from therapeutic sound, music and movement activities”.*

Paul



Paul S at our Hackney Venue

*“My first experience with Joy of Sound (JOS) in December 2024 felt like a small Christmas miracle. The week before attending my first session, I had been reading William Longden’s research on accessible music-making and came across JOS for the first time. As an immigrant from Hong Kong living in the UK under the BN(O) scheme, I carried uncertainties about how I would be welcomed in new communities. But from the moment I stepped into a JOS session, I felt an immediate sense of warmth, openness, and genuine inclusion.*

*Volunteering at JOS has given me first-hand insight into the needs, challenges, and joys of people with complex disabilities. This experience strengthened my belief that everyone deserves to be heard, not only sonically, but socially and creatively. Over the year, I learned how to support the facilitators, assist participants with very diverse needs, and contribute to a space where everyone can make music together. I quickly realised how essential volunteers are: having more hands available allows participants to engage more fully, and gives support workers the chance to join the music-making rather than simply assisting from the sidelines.*

*The facilitators at JOS are extraordinary. Their dedication, compassion, and energy hold the entire space together. Behind every session lies an enormous amount of unseen work, planning, administration, logistics, coordination, all carried out with remarkable commitment. I feel deeply grateful to be part of a community shaped by people who continually take extra steps to make life a little brighter for others.*

*As both a volunteer and a participant, I have seen how important JOS is to many attendees. I have witnessed people pushing their personal boundaries, reaching, gripping, tapping, and experimenting with sound, often using the augmented instruments designed and maintained by Chris. As someone who has been a musician for years, these moments are profoundly moving. Music-making may appear effortless for able-bodied musicians, but JOS reminds me daily that every small gesture can be an act of courage.*

*Motivated by this, I began to explore how technology might support music-making for individuals with motor impairments or other disabilities. This led to the co-design of our first instrument, the JOS Music Mat, developed collaboratively with facilitators, support workers, and participants. We are currently building the prototype, which we hope will benefit the JOS community and contribute to wider academic understanding of inclusive design. My hope is that this work encourages more instrument makers to create tools that everyone, regardless of ability, can play together.*

*Rather than emphasizing accessibility as compensation for disability, I wish to promote truly inclusive instrument design, where musical experiences are shared, equal, and joyful. This spirit is what JOS embodies, and it is a privilege to be part of this community."*

Cheryl Wing

## Outreach and Events

While 2024-2025 has been a quieter year for outreach, we proudly continue our vibrant participation in the Lambeth Country Show at Brockwell Park. As always, our incredible volunteers showed up in full force, creating a highly successful event filled with enthusiastic participants who eagerly joined our sessions.



*"Having the opportunity to explore a variety of instruments and play alongside others was truly amazing. It reminded me of the joy of childhood, where I could experiment with the harp and cello without anyone restricting me with 'don't do this, don't do that.' I immersed myself in playing, and it was such a delightful experience. It was evident that everyone was enjoying the shared joy of making music together!"*

Anonymous

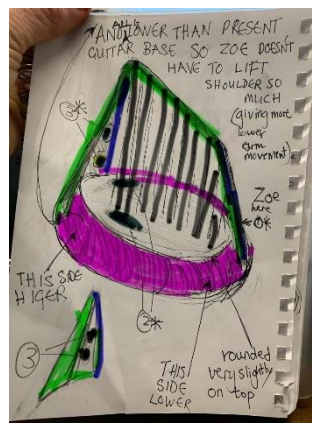


## Instrument Development



We developed a new variation on making instruments from upcycled guitars, to complement our Harpsicles and Krars.

Our participant Sarah is pictured here using it at a session.



We have now passed it on to our volunteer Zoe who plays it at home, and is working with us to develop potential design variations based on it.

## Website Research and Development

Our continuation to embrace a fresh perspective by stepping away from traditional, text-heavy website layouts is ongoing. We've incorporated symbols and sign-based navigation tools that enhance user experience.

We're thrilled that, Zhaohan Ding, one of the Goldsmiths students who helped with development, has continued to work with us as she remains at Goldsmiths to further develop her skills and our project. In March, she kicked off the first phase of research by interviewing JOS website users which showed that we needed to include better live session location maps with transport options.



We have begun working with our Website consultant, Alex Wilk, on developing an on line shop page to enable us to make available various JOS products such as inclusive instruments and equipment and printed books of creative writing sessions, plus JOS branded wearables and PR items, to generate some income for the charity.

## Donations

Live workshop donations / standing orders / payments from participants totalled £10,691 and various donations via the web and cash amounted to £1,992.

We want to express our heartfelt gratitude for Anouck's incredibly generous donation. Your support means the world to us and plays a vital role in helping our mission thrive. Thanks to your generosity, we are empowered to make a greater impact, providing essential resources and opportunities to those we serve. We are truly grateful to have you as part of our community.

We extend our deepest gratitude to Vesna Marich for her unwavering dedication and tireless efforts in fundraising and administration for our charity. Over the past year, her hard work has not only secured essential funding but has also empowered us to further our mission.

Beyond her funded work, Vesna has generously volunteered her time, embodying the spirit of selflessness that inspires us all. Her commitment and passion place her at the very heart of the JOS team, making a profound impact on our initiatives and the lives we touch.

Thank you, Vesna, for all that you do. Your contributions are invaluable, and we are fortunate to have you as part of our team!

We extend a heartfelt thank you to The City Bridge Foundation for their generous donations, which have been instrumental in enabling us to support our participants. Your contributions have allowed us to replace essential instruments and maintain our venues, ensuring that we can continue to provide valuable resources and opportunities.

Your commitment to our cause has made a significant difference in the lives of those we serve, and we are truly grateful for your support. Thank you for partnering with us in this vital mission.

## The Future

Our music sessions have been centred on rebuilding and enabling consistency within our community. The long-term funding from the City Bridge Foundation has provided us the necessary time to establish a solid foundation for our sessions.

We are grateful to the Vicar and staff at St. Mary of Eton and the Wick Award Big Local Community Chest Grant for making our change of venue in Hackney a smooth and enjoyable process, and we hope to continue to provide our sessions there for many years to come.

With increasing attendance in our live sessions and a growing number of volunteers, we hope to be in a secure position to pursue sustainable growth. We are excited to anticipate further expansion in Summer 2024, bringing us closer to our pre-COVID numbers for participants and volunteers.

Additionally, we are eager to resume the design of bespoke instruments. This initiative involves a close and personal journey, placing participants at the heart of the instrument design process. Collaborating with participants and their support workers/families, we aim to create instruments that address barriers to self-autonomous play.

Furthermore, due to the success of our dance and movement sessions, we are focusing on securing funding to rekindle this intergenerational fun fitness activity.

## Summary

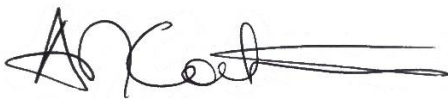
We extend our heartfelt gratitude to the entire JOS team, whose efforts in organising uplifting and inclusive workshops have been exceptional. The behind-the-scenes work of the management team and Trustees has been crucial in facilitating these workshops, helping to dismantle barriers of social exclusion and enhance wellbeing through co-creation and playful engagement.

It has been valuable to continue our collaborations with academic institutions like Greenwich University and Goldsmiths University on Digital Inclusion work, and to develop new projects using digital cameras supplied to participants in our “Through Their Lens” photography project.

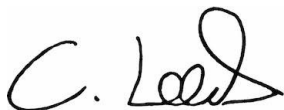
Through our unique approach, emphasizing wellbeing via co-creation, cooperation, and the playful mirroring of experiences, we empower participants to engage with music. By adapting and designing bespoke instruments tailored to individuals, everyone who joins our sessions finds the opportunity to make music.

Lastly, we are immensely grateful to all JOS Volunteers, Trustees, participants, support workers, and families for their continuous support, playful spirit, and dedication to community building.

Angela Contucci  
Chairperson  
9th December 2025

A handwritten signature in black ink, appearing to read 'Angela Contucci', with a long horizontal flourish extending to the right.

Chris Leeds  
Treasurer  
9th December 2025

A handwritten signature in black ink, appearing to read 'C. Leeds', with a stylized, looped flourish at the end.

## Appendix 1 – Balance Sheet and Accountant's Statement

### Joy Of Sound (Jos)

#### Detailed Income and Expenditure Account for the Year Ended 31 March 2025

	31.3.25		31.3.24 as restated	
	£	£	£	£
<b>Sales</b>		29,828		32,959
<b>Cost of sales</b>				
Purchases	5,365		5,528	
Event Catering	24		250	
Facilitators	5,704		12,627	
Venue Hire	8,759		8,572	
Volunteer Expenses	4,138		1,319	
		<u>23,988</u>		<u>28,294</u>
<b>GROSS SURPLUS</b>		5,838		4,665
<b>Other income</b>				
Deposit account interest		53		-
		<u>5,891</u>		<u>4,665</u>
<b>Expenditure</b>				
Refreshments	118		2,042	
Telephone	-		252	
Post and stationery	288		431	
Advertising	819		1,628	
Travelling	772		557	
Licences and insurance	228		228	
Training	-		80	
Accountancy	2,984		540	
Admin Costs	3,508		3,185	
Legal fees	80		13	
		<u>8,549</u>		<u>8,914</u>
<b>NET DEFICIT</b>		<u>(2,658)</u>		<u>(4,249)</u>

Joy Of Sound (Jos) (Registered number: 06403192)

#### Balance Sheet 31 March 2025

	31.3.25	31.3.24
	£	£
<b>CURRENT ASSETS</b>	38,524	32,354
<b>CREDITORS</b>		
Amounts falling due within one year	(2,400)	-
<b>NET CURRENT ASSETS</b>	<u>36,124</u>	<u>32,354</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>36,124</u>	<u>32,354</u>
<b>RESERVES</b>	<u>36,124</u>	<u>32,354</u>

## Independent Examiner's Report to the Trustees of Joy of Sounds for the period ended 31 March 2025

I report to the trustees on my examination of the accounts of Joy of Sounds (the Charity) for the year ended 31 March 2025.

### Responsibilities and basis of report


As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under the section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2007; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102). IER 2 October 2018 I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.

Signed:   
Name: Ellie Rayner – Accord Accountants  
Relevant Professional Body: ACCA  
Address: 191-193 High Street, Hampton Hill, TW12 1NL  
Date: 05/01/2026

## Appendix 2 – Funding Breakdown

<u>Funders</u>	<u>Total</u>	<u>Dates Received</u>	<u>Active</u>	<u>Non-Active</u>	<u>Notes</u>
City of London - City Bridge Foundation	£9,668.00	28.06.2024; 31.07.2024; 29.10.2024; 28.01.2024;	✓		
Ashley Family Foundation	£2,500.00	30.07.2024		✓	
The Baily Thomas Charitable Trust	£2,000.00	28.08.2024		✓	
Skinner's Charity Foundation	£2,479.00	02.12.2024	✓		
University of Greenwich	£750.00	17.05.2024		✓	
Outreach Workshops' Grants	£320.00	05.08.2024		✓	
Donations online and cash	£1,702.93	Throughout the year	✓		
Live Workshops' Fees/Standing Orders	£10,406.50	Throughout the year	✓		
<u>Total</u>	<b><u>£29826.43</u></b>				



### Appendix 3 – Activity Breakdown

<b>Activity</b>	<b>Attendances</b>	<b>Number of events</b>	<b>More information</b>
<b>Zoom Inclusive Wellbeing Sessions</b>	2156	144	Sessions: Dance and Movement; Seriously Silly Sensory Sessions; Seated Mindful Breathing; Song and Sign; Top of the Bops
<b>Live Inclusive Participatory Music Sessions</b>	4347	147	Venues: St Barnabas, Hackney; St Peter's, Lambeth; Salvation Army, Kensington & Chelsea
<b>Community Outreach</b>	105	2	Lambeth Country Show; Children Fun Day
<b>Trainings</b>	15	1	First Aid Training at Work
<b>Management Meetings</b>	49	11	
<b>Trustee's meetings</b>	21	3	
<b>AGM Meeting</b>	8	1	
<b>TOTAL</b>	6701	308	

## Appendix 4 – Partners and Collaborators

### **JOS Partners**

Lambeth Country Show 2024  
Community Creative Writing Group Croydon  
Red Ochre  
Friends of Windmill Garden  
Sunshine International Arts  
The Dance Factory  
University of Greenwich  
The KIMA Voice project  
The Parish of St Barnabas Homerton  
St Mary's of Eton Hackney Wick  
Portobello Salvation Army Hall  
St Peters Heritage Centre Vauxhall  
Goldsmiths University  
Black Prince Trust

### **JOS Collaborators**

UCL  
SENSE  
Wandsworth Community Transport  
Pathways Training  
Kensington and Chelsea Volunteer Centre  
St Leonard's Hospital Walking Group  
Dr. Ainul Nadhirah Hanafiah, Institute for Connected Communities, University of East London  
Step Up - Hackney volunteer group  
Hackney Council Occupational Therapy Services  
Hackney Council Children's Centre open day services  
Thursday Morning Community Club - Brixton Windmill  
Oil Often  
Visiva Studios  
Southside Rehabilitation Association  
Stephen Wells  
SM Aurroseau  
Nino Rea  
Maria Tashkinova  
Jim Greenwood  
Mr and Mrs Christmas David and Rita Horney  
Dr Oliver Gingrich  
Zhaohan Ding  
Julian Langham  
Kim Kelly  
Marco Felici  
Hannah  
Alice Mc Creadie

## Appendix 5 – Joy of Sound Vision and Mission

### **VISION**

A world where everybody is equal and included

### **MISSION**

A world where every person is acknowledged valued and included in all aspects of society as an equal.

### **VALUES**

We work with all-comers of all abilities as equal collaborative co- creative partner

We put inclusive attitude into practice to make creative things happen

We build relationships grounded in mutual responsibility and trust

We show the meaning and value of inclusion by being inclusive

### **AIMS and OBJECTIVES**

1. To promote and advocate for increased social and economic inclusion by:

- i. Delivering regular weekly all-year-round inclusive participatory music and combined arts workshops
- ii. Providing trainings in JOS inclusive workshop techniques
- iii. Educating people about the value and use of inclusive and combined arts practices at educational sessions, workshops, seminars, lectures and events

2. To encourage, facilitate and acknowledge the self-expression and self- empowerment of all people, and particularly:

- i. Impaired and disabled people
  - ii. Socially and economically deprived and marginalised people including elders
  - iii. People facing mental health challenges
  - iv. Unemployed people
  - v. People on wellbeing pathways including learning disabled people, and people living with long term debilitating health issues
  - vi. People facing barriers to their access of creative health and wellbeing activities
- by:
- i. Providing all-year-round regular workshops
  - ii. Providing personal and social advocacy and mentoring
  - iii. Co-design and production of bespoke musical instruments and instruments access equipment
  - iv. Reaching out to engage hard-to-reach groups
  - v. Facilitating volunteer pathways for personal and social wellbeing, lifelong learning and career development

3. To increase awareness about issues relating to disability and social exclusion by:

- i. Disseminating inclusive practices and practice-based research at presentations, showcase events, festivals and conferences in UK and abroad
- ii. Developing and providing Inclusive Social Training Development with disabled people, familial and professional care and support givers, volunteers and community
- iii. Engaging with existing and developing strategic networks forging opportunities for collaboration and focus towards increased public awareness and social change