

ANNUAL REPORT



2023 /  
2024

# Holistic Harmonies

Community Interest Company



Prepared by  
Rachel Waite

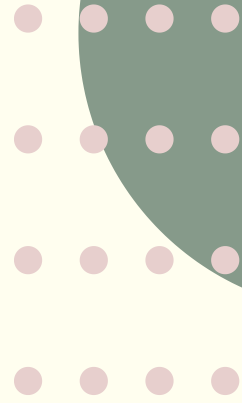


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# Summary

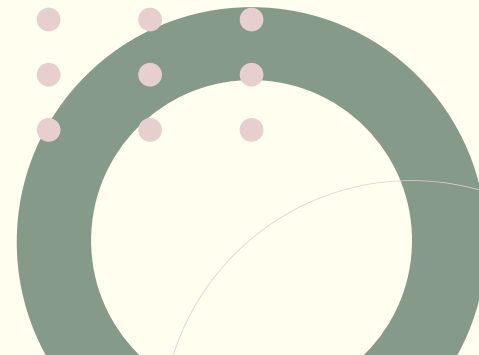


Holistic Harmonies has had another successful year of reaching out to the Liverpool Community, using music, movement and song to connect people to a deeper sense of their own health & wellbeing while joining together to nurture a wider sense of community

## Achievements



- Being nominated for a Liverpool City Region Culture & Creativity Award (Health & Wellbeing Category)
- Opening up a new creative space to deliver our Singing For Wellbeing Sessions: Studiol at the Bluecoat
- Hosting an intern from LIPA



Delivery

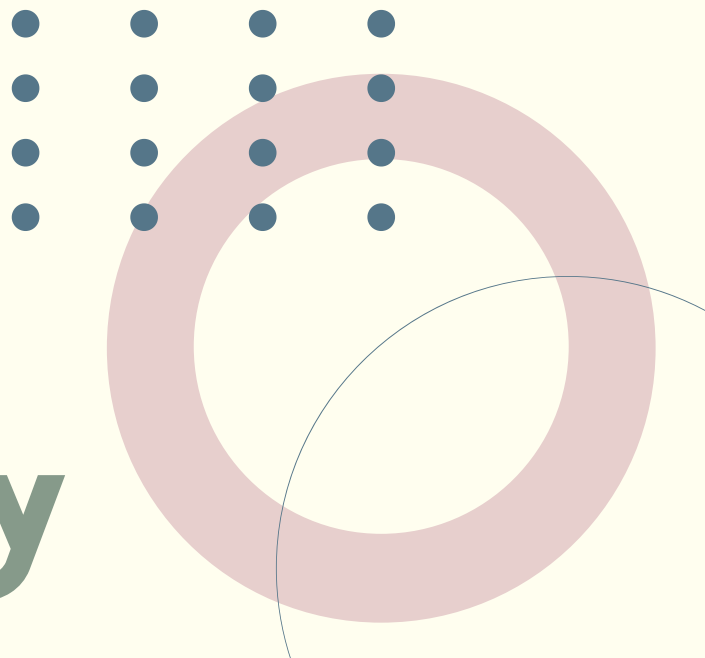
# Progress Summary



## What we have delivered:

- 38 Intergenerational Music & Movement Sessions, and 38 Bedside Music Sessions
- 36 Singing For Wellbeing Sessions
- 76 Singing Mamas sessions
- 37 Age Concern Music & Movement Sessions
- 5 Boogie Days Discos
- 4 Summer Music & Movement sessions
- 10 Outdoor Singing events
- 5th & 40th Birthday Party Celebration
- 2 workshops
- SWAN Team Conference

We reached over  
1195  
beneficiaries



# Issues & Challenges



## Problems Encountered:

- Being a small business it is a challenge to maintain consistent social media, website, communications updates, administration as well as delivery
- Generating enough income to cover the core costs of the business



## Resolution Steps:

- In 2024/5 it is our plan to hire an administrator to help cover some office tasks
- In 2024/25 we will host a fundraiser to raise money to pay for core costs as well as adding a contribution to core costs in funding applications where allowed

## Next Steps



### Planned Activities for Next Year:

- An Arts Council funded project to deliver music for patients in End Of Life care at Liverpool University Hospitals Foundation Trust
- Continuation of Singing For Wellbeing group and Singing Mamas groups
- Beginning to offer evening Boogie Nights discos for the local community to gather and burn some calories!
- Begin delivery of Music & Movement sessions in collaboration with Home Instead and Age Concern Sefton & Liverpool
- Deliver seasonal workshops at evenings and weekends



Funded Project

## Intergenerational Music & Movement

We received £9980 in funding from the National Lottery

Our aim was to build an Intergenerational Community using Music & Movement as a conduit to building relationships. Each week we would spend an hour singing songs from the past and present, increasing our mobility and speech & language skills with dance routines and tongue twisters and having fun together. Afterwards we'd have time for a cuppa and a chat.

Our plan worked, and now, after a year of our sessions, the families who were part of the group have chosen to carry on visiting the residents at Christopher Grange Care Home in Liverpool L14... they even bring in ideas for their own activities to do together.



### What did you love?

- “Getting involved with handing out the scarves and the instruments”
- “Love the old mixing with the young”
- “It’s about more than just the music”
- “Learning sign language”

### What will you take with you?

- “Being friends with everyone lifts your spirits”
- “Nostalgic feelings, songs that parents/grandparents used to sing”
- Friends! “Getting to know people each week and gradually becoming friends”

## Building Relationships

# Collaborations



### Growing Sudley

A lovely relationship is blossoming with Growing Sudley CIC. They host us to deliver outdoor singing sessions around a campfire. We cross post service users to each others' activities. Both organisations have a similar ethos of using nature, music and movement to support wellbeing



### Strengthening Wellbeing Together

At the beginning of the Holistic Harmonies journey, Nicola from Strengthening Wellbeing Together was a great support in terms of mentoring and offering advice and making connections. It was great to collaborate during the school holidays to offer a music and movement session at their forest school



### The Brain Charity

We have been asked to provide entertainment and interaction for numerous events at The Brain Charity. Holistic Harmonies are able to offer entertainment, and at the same time deliver it in a gentle, intuitive and inclusive way, which suits the wide range of needs of service users and staff.



### Creative Spaces

Creative Spaces work in areas of Liverpool that Holistic Harmonies don't, so it was a great opportunity for us to meet lots of new people and bring some festive joy to people in Walton, Old Swan, Toxteth and Anfield.

## Services

# Singing For Wellbeing

## Weekly Group

Our Singing For Wellbeing group is run from Studioli at the Bluecoat.

One of our group members is an evaluator who gifted us a piece of work, when asked what she enjoyed most, one participant said:

“The welcoming, inclusive atmosphere; the singing, especially the range of songs which tap into a variety of emotions; the feeling of being part of a supportive community.” (Konstanze, Singing for Wellbeing Group member)



# Outdoor Singing

We have been running outdoor singing sessions at Princes Park, Crosby Beach and Growing Sudley. These are well attended sessions where we find people coming who:

- can't come to a regular group
- find something special about singing outdoors and connecting with nature
- might have been a regular member of groups in the past but like to pop up every now and again!

## Services



# Boogie Days

- Boogie Days is proving to be a really popular seasonal event for families. A great chance to keep previous group members engaged in the community and offer a relaxed space for families at the end of the week to unwind
- Our aim is to bring joy and offer an inclusive space where the focus is as much on the parents as the children
- There are always concessions and free places available to make the event accessible



## Collaborations

- It is advantageous for Holistic Harmonies to partner with other organisations to spread reach and work together to deliver new and exciting events
- As a core team, we are: Holistic Harmonies, Sole Rebel CIC and Louise Hickey, drama therapist at Alder Hey
- So far we've delivered Boogie Days events with Africa Oyé, Invisible Wind Factory, Sefton park Cricket Club, Netherton Library, Smithdown Road Festival
- We've discovered that seasonal events like Halloween and Christmas are our best attended, to the point of having waiting lists!

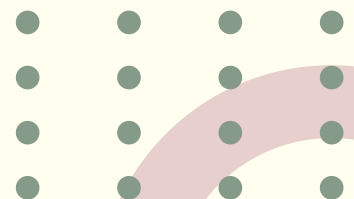
**BOOGIE DAYS**  
are hosting an official  
**africa oyé** est. 1992  
pre-festival disco for kids, family and friends

Friday 16th June  
The African Caribbean Centre  
1 Amberley St, Liverpool L8 1YJ, UK  
4pm - 6pm

£6 per adult  
£5 per child  
Family tickets and concessions available  
(pre-walkers go free)

booking through eventbrite

Decor with Maxine Brown  
Drumming with Felix Ngindu  
Face Painting  
OUTDOORS!  
Food from Gluten Free Pie Company  
BYOB - Bring Your Own Booze





## Celebrations

# Culture & Creativity Awards

## Health & Wellbeing Award

In March 2024 Rachel and Kathy attended the Liverpool City Region Culture & Creativity Awards.

Holistic Harmonies CIC was nominated by Bernadette McGrath from Merseycare Liferooms for our collaboration with them in Summer 2023 when we delivered a 6 week Intergenerational Music & Movement Programme.

We didn't win, but it was a real honour to be nominated and testament to the connections we are building across the Arts For Health world in Liverpool City Region



## Placements

in 2024 Louisa Fray began her placement at our Singing For Wellbeing Group. She was a 1st year Community Theatre student at LIPA. Here's a bit more about her experience:

"I did my work placement with Holistic harmonies (singing for wellbeing) and felt that it was a really valuable experience! I learnt so much that I can take with me to my future career. Rachel and I had lots of conversations and she was happy to answer any questions which made me also feel that I was in a really comfortable and supportive space where I could find out more about her role and how to facilitate. I enjoyed it so much that I am now a member of the singing for wellbeing group. I have now been inspired from this placement to do my future dissertation on singing for wellbeing."

## Celebrations



# A Community Workshop

## Lea Morris

In October 2023 we hosted the incredible Singer, Songwriter and Leader Lea Morris to Liverpool. Lea is an African American Woman who has written many of the songs we sing in our Singing For Wellbeing and Singing Mamas groups. We collaborated with Jennifer John and James Sills, local choir Leaders to bring 60 people together at the Unity Theatre in Liverpool City Centre.

Lea got us up dancing and singing in 5 part harmony. It was a memorable evening where there were many aching faces at the end of the evening with all the smiling!



## 5th and 40th Birthday

In September 2023, Holistic Harmonies was 5 years old, and Rachel, founder of Holistic Harmonies turned 40 years old.

The Holistic Harmonies Board worked alongside Kirsty and Jess, two community members to plan a surprise flash mob in Princes Park for Rachel. Board members travelled from Ireland and Bristol to be there, and more than 30 people from the community came to celebrate. Those who couldn't be there filmed a montage video with their well wishes.

As Rachel walked through the park, she began to hear a song she knew and wondered who it could be singing... cue tears and hugs all round! It was an epic moment, and a real show of support and gratitude for the people who have co-created such a wholehearted and loving community.

## Core Business



# Finances

## An overview

Annual Turnover 2023/24 = £23,790

### Funding Streams:

- National Lottery Grant, Awards For All = £9940
- The Big Help Project: £1470 (carried over from 2022/23)
- One Knowsley Grant: £350
- Magic Grants: £500

Total = £12,260

### Income from service delivery:

- Singing For Wellbeing Groups
- Seasonal events/workshops
- Age Concern contract
- Boogie Days

Total = £11,530



# Communications

- Our main methods of communication are through community whatsapp groups, instagram and facebook
- Founder and Director Rachel Waite visits local stakeholder meetings for the arts and health sector where news is shared regarding our groups for social prescribers and health professionals to refer into
- We still use paper flyers (not too many!) as a method of communication as we realise a lot of our prospective service users aren't on social media
- Rachel appeared on BBC Radio Merseyside with Helen Jones to talk about our Intergenerational Music & Movement Programme
- The website is regularly updated with the latest news and event booking options