



## **Canterbury Cantata Trust**

### **AGM Minutes**

**7.15 pm, Wednesday 13<sup>th</sup> November 2019 @ St. Paul's Church, Canterbury**

**Present: Grenville Hancox (GH) (Artistic Director), Roshna Ahmad (RA) (Chair), Jo Heath (JH) (Treasurer), Laurence Green (Trustee), Wendy Le-Las (Trustee), Andrea Hepworth (Administrator) Matt Shipton (STBP Programme Director)**

#### **1. Apologies/Declarations of Interest**

**Apologies were received from Blair Gulland and Dr. Sarah Montgomery – both trustees of Canterbury Cantata Trust. There were no declarations of interest.**

#### **2. Previous Minutes**

**RA gave all present some time to read through the minutes of the last AGM (February 2019). There were no comments on these and RA signed a copy as correct.**

#### **3. Matters Arising**

##### **a) Chair's Report (RA)**

**The Chair, Roshna Ahmad, welcomed everybody to the AGM. Copies of CCT's latest newsletter had been distributed to all present before the meeting and RA confirmed that this would detail a summary of all main events pertaining to the Trust during the last nine months.**

**She commented on the change of date for the AGM stating that the new time of year (October/November) fits better into our financial year-end and reporting deadlines timetable. She also introduced Grenville Hancox (Artistic Director) and Matt Shipton (who is our Sing to Beat (STB) Programme Director).**

**RA spoke of the ongoing success of the Trust and said that this is, in no small part, enabled by the continued support and enthusiasm from all the**

volunteers and choir members, who work together for the greater good of the charity.

There have been significant developments on the STB arm of the Trust. We now have upwards of 30 groups affiliated to CCT and on-going training sessions. Our flagship groups and choirs are thriving! Skylarks Canterbury has now moved to its new home at the Simon Langton School. Monday Music Canterbury continues to be successful and now has circa 80 members, Amici has circa 140 members and Canterbury Cantata has also expanded, with 23 members.

**b) New groups/Derby (GH)**

GH gave a potted history of the new Derby Sing to Beat Parkinson's (STBP) singing group. It was formed following a well-received workshop and taster sessions given by GH at the Royal Derby Hospital which is a clinical centre of excellence for people with Parkinson's (PwP).

The success of the group is due, in part, to the format of the sessions being delivered. These are attended by clinical staff (consultants, physiotherapists and speech therapists, etc.) who are on-board with the concept of singing as a viable alternative to clinical interventions and this adds validation to the process. Add to this the fact that session participants are referred through the hospital's current appointment system and this makes for a very workable format. There is a waiting list for participants with sufficient numbers to start a second group which is currently not possible due to the distances involved. The template for the expansion of the concept at a later date, however, is firmly established and GH will be writing to a team here in Kent to try and replicate this success locally.

GH will present on singing as an intervention for PwP at a workshop at the University of Salzburg on Friday 15<sup>th</sup> November 2019.

**Dr. Yoon Irons is also conducting some longitudinal research into Monday Music as an intervention for the improvement of well-being.**

**c) Sing to Beat Parkinson's (MS)**

**MS spoke briefly regarding recent developments in the STBP/STB area. In February, five years of core funding was granted by the Oak Foundation to underpin the development of the STB concept – the main focus of which is to grow the number of groups affiliated to the Trust and expand its training programme. There are currently over 30 groups affiliated to the STB network.**

**There are, at present, five training venues across the country. Our flagship venue in Snape Maltings consists of a two-day residency and has been a huge success. At the end of January, a one-day event was held at Morley College in London. And the first one was held in Folkestone earlier this year – which was a general introduction to singing and health and was well attended. The last venue is the University of Derby which had 16 people in attendance earlier this year. This Sunday, there is a training event at Trinity Laban in London. In total, 93 people have completed our training this year.**

**The Bernard Sunley grant supports the setting up of 8 new singing groups – enabling us to award 8 grants of £1K each to 5 existing groups and 3 yet to be started. The criteria for awarding the grant is based upon the facilitator(s) attending a training day after which their ability to set up and successfully run a group is assessed. The first one – in Worthing – is already well-established and has raised enough money to sustain themselves for another two years. Other groups receiving this award are based in Bath, Colchester, Southend, Derby and our own Canterbury Skylarks. Each group will be visited once a**

**year to ensure they are following our principles and practices and upholding the ethos of the charity.**

**Access to Snape training is currently through an application process, this is to ensure that participants are sufficiently experienced and knowledgeable to take our model forward.**

**An apprenticeship programme is also planned – some fundraising will need to take place to enable this. There is already a speech therapist shadowing GH at Canterbury Skylarks and Nicola Wydenbach (our Director of Training) has someone starting in an apprenticeship role soon at Skylarks Pimlico. The Trust is also looking at developing partnerships in research and training and hoping to get its training accredited by 2021.**

**CCT also has two new websites, designed by the same company, for continuity. The brief was for functionality so the websites are fairly static in that they fulfil a need – to point people in the right direction and supply information, have a members' area, etc.**

#### **4. Financial Summary (JH)**

**RA thanked JH for all the work she does. All present were given a summarised copy of the CCT Annual Report and Financial Statements for year ending 30<sup>th</sup> November 2018. This was in a format similar to last year with this year's information segmented into choirs and with additional information compared to last year in terms of income and donations, etc.**

**Some major points were highlighted, as follows:**

- JH acknowledged the time and effort that Amici have invested this year in trying to increase their events income.**
- At the present time, all CCT funds – both restricted and unrestricted – are all together in one bank account. A new account will be set up shortly**

which will keep these funds separate and this will be reflected accordingly in the accounts next year.

- Amici have total income of £13,692, the majority of which has been spent on musicians' fees for various events. Next year's expenditure will show 'musicians' fees' and 'facilitator fees' separately. Rent and venue hire is another large expenditure item.
- All groups receive donations – e.g. Christina Brisk regularly donates to Amici and Canterbury Cantata has restricted funds donated from the Athertons. A grant of £2.5K from Kent Community Foundation supported Monday Music Folkestone and Canterbury Skylarks, as already mentioned, has been allocated £1K from the Bernard Sunley grant. Medway Skylarks has been supported financially throughout 2018 by the Trust. Since April of this financial year, these costs are now being recouped.
- All the information presented today is taken from accounts which are available on Companies House but this summarised sheet – which focusses on choirs – will hopefully be more helpful to those present today.
- Last year there was an overall deficit of £200; this year total income of £63,544 has enabled a surplus of £7,892 so the Trust is now sitting a bit more comfortably in the black.
- Gift aid – the information needed to claim this back historically is currently being put together and a claim will be put together soon. There have been some issues with Sage not supplying information into an easily accessible and usable format which has delayed this process.
- A donation was made to the Royal British Legion from last year's Armed Man concert.
- It is intended to change the Trust's financial year end to fit in more easily with its ongoing operations and events. The current year end, at 30 November, causes issues in the preparation of the accounts due to concerts and events taking place in November and December which means costs and income for these events overlap the year-end.

Finally, JH asked members present to email her with any questions they may have once they have had an opportunity to look through the accounts.

#### **Questions from members**

Someone asked about gift aid – did the form only need to be filled out once for all donations? JH confirmed that this was the case.

Someone asked if there was a reason why it was only possible to pay termly for Monday Music via the website? RA said that, although it was not currently possible to pay annually for Monday Music via the website, this would be looked into.

#### **5. Future Plans (GH)**

Future plans – discussed earlier in the proceedings – were reiterated.

RA also echoed GH's sentiments in driving forward the ambitions of the Trust to chime with events that are happening nationally on singing and health. In line with this, a new 'singing on prescription' petition will be launched at some point in the future.

#### **The legacy of the Trust**

GH stressed the need for a legacy going forward. By this he means that all the groups should aim to move towards becoming self-governing with musical direction from people other than him. He said that next year he will stepping back from facilitating the groups other than providing training and promulgation. In 2021, he may take back the reins of Amici direction.

In the space of 7 years, since its inception as an organisation, CCT is in a healthy state, both financially and artistically. And the singing and well-being concept is being driven forward successfully.

#### **Anniversary of academic paper**

In 2021, a paper which GH co-authored with Stephen Clift will have its 20 birthday. This paper has been cited many times in academic literature and events will take place in celebration of this in Folkestone. The Sidney De Haan Centre, originally based in Folkestone, has now moved to Canterbury which GH said was a poor decision.

## **Developing corporate and legacy fundraising initiatives**

**RA said she would like to facilitate easy and accessible fundraising for the charity in the near future via the addition of a fundraising ‘donation link’ on the website. In addition, to develop both corporate and legacy fundraising initiatives to ensure sustainable and reliable income streams for the Trust in the future. In line with this, MS mentioned that CCT are developing a relationship with Hearbase, a company based in Folkestone which supports people with hearing-related issues. They are currently sponsoring Monday Music Folkestone and will be doing some filming with them next year. Hearbase identified CCT as being a good fit for them to develop their engagement with music in the community. This partnership is a good example of the kind of corporate relations the Trust could continue to develop in the future. Hearbase have also kindly taken on the printing of programmes for Canterbury Music Club.**

**GH gave a vote of thanks to the Chair, Roshna Ahmad, and the other trustees for all their tireless energy, commitment and support in pushing forward the ethos of the Trust.**

## **6. Any Other Business**

**At this point in the proceedings, questions went out to the floor.**

**Someone asked why Parkinson’s UK magazine had no mention of our work. GH commented that CCT has tried to develop a relationship with Parkinson’s UK in the past but that this has been fraught with difficulties.**

**MS informed those present that CCT has a YouTube channel with videos of Canterbury Skylarks singing. Someone asked if more singing opportunities could be provided for Skylarks Canterbury and Monday Music. MS commented that Medway Skylarks do lots of performances.**

**Roger Clayton (Skylarks President) commented on the importance of the Derby project discussed earlier. He said to engage the medics and the Parkinson’s nurses in our work was an important step forward. GH mentioned that our new trustee, Dr. Sarah Montgomery, was also proactively trying to engage the medical community with our work. She has written an article on Monday Music Folkestone, an extract of which is in the newsletter, and which it is hoped will be published in a community health magazine.**



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**RA finished by again thanking everybody for attending the AGM.**

**7. Date of next AGM**

**To be advised (circa October/November 2020).**

**Minutes taken and transcribed by Andrea Hepworth.**