



Community Interest Company

ANNUAL REPORT - Year 2019/2020

DIRECTOR: Rachel Hilton

ADDRESS: Flat 2, 45a Canning St, Liverpool, L8 7TA

Holistic Harmonies is a Community Interest Company whose aim it is to use creative arts for the holistic wellbeing of all the family.

HOLISTIC HARMONIES COMMUNITY

Being in its infancy, having been established in September 2018, Holistic Harmonies has more than doubled its client base over the last year.

Holistic Harmonies as reached over 300 families in the Liverpool City Region within the following settings offering termly sessions in a variety of venues:

BABY MASSAGE COURSES

SINGING MAMAS CHOIR

PREGNANCY CHOIR

FAMILY DISCOS

MUSIC & MOVEMENT SESSIONS

INTERGENERATIONAL MUSIC & MOVEMENT SESSIONS

ONE OFF EVENTS:

- Children's Parties / Christmas Parties
- May 2019 - Mental Health Awareness Day - In collaboration with the Northwest Perinatal Mental Health Team
- May 2019 - Music & Movement Session in collaboration with Smithdown Road Festival
- May 2019 - Music sessions with Christopher Grange Care Home, Liverpool 14
- June 2019 - Making Music UK - Event in collaboration with Liverpool Central Library.

- February 2020 - Singing for Wellbeing sessions - in collaboration with the Life Rooms and Everyman and Playhouse theatres.
- April 2019 - Singing for Wellbeing workshop -In collaboration with The Aspergers Collective
- April 2019 - Singing for Wellbeing workshop - In collaboration with Claire House Children's Hospice (A session for Mothers of terminally ill children).
- September 2019 - Singing For Wellbeing Sessions - In collaboration with We Are hope St CIC
- November 2019 - Singing session for Community Event - Little World Warriors, Liverpool 30
- November 2019 - Attachment and bonding workshop with Birkenhead 6th Form Psychology students.



FINANCES:

During the tax year 2019/20 Holistic Harmonies made net earnings of:

£11,573.65

Less expenses of: £3072.57

= £8501.08

Investments have been made into new equipment, training opportunities, marketing and advertising and venue hire.

ENGAGEMENT:

Holistic Harmonies has completed many training seminars and workshops around digital marketing, advertising and business planning.

Through business support groups and agencies, Holistic Harmonies now has more than doubled its reach across social media platforms:

Facebook
Instagram
Twitter
Linked In
Mailchimp/Hubspot

Most clients are found through Facebook and Instagram and a steady and loyal base of supporters remain consistently engaged with content leading to bookings of classes and sessions. Holistic Harmonies now has a mailing list of just over 300 people and sends regular updates to its subscribers.

Twitter and Linked in are proving useful in making connections with other businesses and collaboration opportunities.

AIMS FOR THE FUTURE:

Holistic Harmonies has many aspirations and visions for the future. The strongest of those visions is the desire to use Music & Movement to bring the Liverpool community together Intergenerationally. Having created and piloted a 6 week Music & Movement Programme it is now our aim to roll it out across the Liverpool City Region. We are building relationships with care providers, with social prescribers, schools and family groups and seeking out funding opportunities to bring this scheme into fruition.

Music has the power to heal and to bring about social cohesion. As we move forwards, it is Holistic Harmonies desire to use sound to support the wellbeing, health and connection of individuals of all ages in our community.

Singing Mamas Choir CIC is the bedrock of Holistic Harmonies and has a strong and supportive group of women who now consider themselves embedded in the Holistic Harmonies community. Singing Mamas Choir are a national network of choirs. Rachel Hilton, Director of Holistic Harmonies is a member on the board of Singing Mamas Choir CIC and will be taking on the new role of training new choir leaders in the North West of England.

It is our aim to bring singing into the homes of all families, and so we start with new mothers and begin our work there. We hope that in time there will be a Singing Mamas Choir in every

borough in the country! We are working with the NHS and the National Lottery to be able to make singing sessions accessible for any and all women regardless of their background.

HIGHLIGHTS:



HOLISTIC HARMONIES COMMUNITY

Holistic Harmonies recognised a need for social connection between new mothers in the community. We began monthly meet ups at LEAF in Liverpool City Centre. Many women have commented that they feel a sense of belonging and Sisterhood that they have not managed to find elsewhere.

HEALTHCARE CONNECTIONS

One of the highlights of the year has been building relationships with professionals working in the sphere of Health & Wellbeing in the NHS.

Connections have been made with:

- The Wellbeing Link Worker for Central Liverpool Primary Care Network.
- Wellbeing Liverpool Officer for Healthwatch
- The CEO of Care Merseyside
- The team at Life Rooms, part of Merseycare.
- Liverpool Women's Hospital
- NorthWest Perinatal Mental Health Team

TRAINING

Training opportunities have afforded Holistic Harmonies' growth and development in all areas of business:

Training sessions on business planning, web development, social media, lead generation, mental wellbeing in business, finance with the following companies:

- The Women's Organisation
- Leading Ladies in Business
- Women In Biz Sefton
- Indigo Social
- Wordshed

HOLISTIC HARMONIES' FIRST BIRTHDAY

In September 2019 Holistic Harmonies celebrated its 1st Birthday with a picnic in the park. More than 40 families joined in a Music & Movement session.



INTERGENERATIONAL MUSIC & MOVEMENT PROGRAMME

During the summer of 2019, Holistic Harmonies worked with an older person's specialist physiotherapist, to run a programme of intergenerational music and movement sessions in a nursing home in Liverpool. The programme engaged residents, alongside local parents and their pre-school children in six free one hour-long sessions incorporating familiar songs and accessible dance movements. The intention of the programme was to bring benefits to the residents who are often isolated, to encourage movement, positive feelings, and to provide an opportunity to allow for social connections to occur between generations.

AN EVALUATION OF A PILOT
INTERGENERATIONAL MUSIC AND MOVEMENT
PROGRAMME IN SOUTH LIVERPOOL



Going along to the sessions has made me feel a little more connected to my community. Going into the care home and getting to know some of the residents, as well as staff there who run the activities has added to that sense of rootedness for me

SOPHIE - PARENT



The findings of this evaluation support the existing body of research that shows the benefits of bringing people of all generations together to participate in music and movement sessions. What is unique about this pilot is the engagement of parents, and particularly mothers, as key facilitators and beneficiaries. The findings of this study show that all participants benefit in a vicarious and virtuous circle of support and togetherness. The community led approach is central to this, leading to the engagement of local parents, children and older people in a particular community of South Liverpool, and creating a non-clinical feel to the sessions where everyone is equal and free to participate in any way they feel comfortable. This feeling of group cohesion is not automatic, but is supported by particular aspects of the structure and ethos of the programme. These include:

- being acknowledged by name and with a smile;
- high quality live music;
- dance moves and props that are appealing and fun;
- giving participants an active role; and
- making time for transitions between songs and space for interactions.

Participants saw the value of small acts of connection - from watching a mother and child interact, to catching an older person's eye during a song, to developing a rapport over the weeks through conversation.

As the weeks progressed participation increased. Staff and facilitators observed an increased level of movement and activity amongst all participants, including nursing home residents. Participants themselves also reported a heightened mood and a feeling of being in the moment during the sessions.

Please find a link to the published report here: <http://shortwork.org.uk/holistic-harmonies/>