Annual Report
2012/13
Who we are:

Heart n Soul is an award-winning creative arts company based in London.

We believe in the talents and power of people with learning disabilities. Our work is about art, taking part, training and sharing.

Our mission is to make a more creative, fun, equal and open world for everyone.

Our vision is of people with a learning disability living full and equal lives with independence, freedom and pride.

Values

Kindness – caring about one another
Innovation – open to trying new things
Quality – aiming for the highest standards
Fun – making sure we enjoy everything we do
Integrity – sticking to what we believe in
Highlights of the year

It was an amazing year for Heart n Soul where we reached more people than ever. Here are some of our key highlights:

**Innovation**

**January - September**

The Dean Rodney Singers – our innovative digital arts project. Seventy-two artists created twenty-three new pieces of music, dance and video.

**New Taking Part Models**

**June**

We launched Allsorts, which gave adults new and exciting ways of taking part in high quality art.

**Visibility**

**August**

Dean Rodney Singers installation opened at the Southbank Centre.

Paralympic Games Opening Ceremony – Heart n Soul artists performed at one of the world’s biggest events in front of an audience of millions.

**Impact**

**September**

The Beautiful Octopus Club – Over 3,000 people celebrated the best in learning disabled culture.

**Reach**

**November**

Tens of thousands of people saw our Do Your Own Thing Groups take part in the Lord Mayor’s Show in the City of London.

*innovative* – creating something completely new

*installation* – an artwork that includes music, videos and pictures
2012 was the year of the Olympic and Paralympic Games in London and Heart n Soul was right at the centre of it.

Dean Rodney Singers
Heart n Soul created the Dean Rodney Singers, our most ambitious and innovative project to date.

The project was commissioned by Unlimited, as part of the London 2012 Cultural Olympiad celebrating the work of deaf and disabled artists in the UK.

Led by Fish Police frontman and autistic artist Dean Rodney, this digital project brought to life Dean’s dream of working with seventy-two disabled and non-disabled musicians, singers and dancers from seven countries. Together they created twenty-three new pieces of music, video and dance using iPads that represented the seven dimensions of the Dean Rodney Singers Universe.

Dean visited all seven countries including China, Japan, Croatia, South Africa, Germany and Brazil to work with the band members.

It was all brought together at the project installation at the Southbank Centre, where people got the chance to step inside the Dean Rodney Singers world and remix music tracks and make their own dance videos. Over 2,000 people came to the installation.

The project got lots of press interest with articles in the London Metro newspaper, Wired magazine, the BBC and the Guardian newspaper.

Download the Dean Rodney Singers app for free on iTunes

Read Dean’s story on page 9

innovative – creating something completely new
commissioned – chosen by
Cultural Olympiad – art projects celebrating the Olympic and Paralympic Games
digital – work that is created on the internet and uses technology
iPads – small computers that you can use to create art
dimensions – areas
installation – an artwork that includes music, videos and pictures
The Beautiful Octopus Club returned bigger and better to the Southbank Centre in Central London. Labelled The Big One it was in every way:
- Over 3,000 people attended, our biggest ever audience
- We took over three floors of the Royal Festival Hall with live music and four taking part zones
- There were ten live music sets from a range of performers including Jazztronics, Baluji and The Radical Raccoons
- Seventeen DJs played tunes across the whole venue and got everyone dancing

London 2012 Paralympic Games Opening ceremony

The London 2012 Paralympic Games opening ceremony saw Heart n Soul’s key artists perform to their biggest audiences ever. Over 80,000 people watched The Fish Police, Kali Perkins and Lizzie Emeh up on stage. A further 11 million TV viewers watched the ceremony at home.

Lizzie also closed the show performing with singer and West End star Beverley Knight (above).

“It was an incredible feeling performing in front of so many people, it was a dream come true.”

Lizzie
The Dean Rodney Singers came from a dream I had and it was exciting making it happen.

I travelled to all the countries. I saw the TV Tower in Berlin, ostriches and penguins on the beach in Cape Town and ate sushi in Sao Paulo.

I felt happy when I met the band members. I was so excited that they were involved in the project. I really liked meeting the band members in South Africa and seeing the girl in the Puma shoes.

When I first saw the installation at the Southbank Centre I was amazed, I heard my voice on the speaker boxes. My favourite machine was the Dean-J.

I learned a lot from the project especially how to use all the different apps on the iPad and different ways of making music. It was kind of huge, I was like oh my gosh!!!

The Paralympic Games opening ceremony was the most exciting thing that I’ve ever done. When I was in the stadium I was overwhelmed by all the interesting things happening. It was so loud, like surround sound.

2012 was an amazing year, definitely a yeehaw moment!

**installation** – an artwork that includes music, videos and pictures

**apps** – simple computer programmes that you can use to make art

**iPad** – a small computer that you can use to create art
Taking Part

This year we increased the ways for people of all ages to take part at Heart n Soul in a number of exciting ways.

Allsorts
We launched Allsorts, our brand new creative arts project for adults with learning disabilities.

We also spread the word about the project. We held an open day where potential partner organisations tried out Allsorts for themselves. The project also went on the road with two Roadshows in Lewisham reaching over 230 people. More are planned for the new year.

“It was a good spoken word session. I wrote some poems and I performed my poem. I will be back, I love Allsorts.”
Spike, Allsorts participant

Did you know?
Allsorts is Heart n Soul’s creative response to changes taking place within Adult Social Care in the UK.

co-produced – when Heart n Soul works on a project with different organisations
potential – possible

We started the project with a summer taster season and the Autumn season was co-produced with spoken word organisation Apples and Snakes. Participants got the chance to try a range of activities including filmmaking, circus skills and photography. We also started working with some other organisations like the London Symphony Orchestra and Upswing. Seventy-eight people took part throughout the year.
Isaac takes part in Do Your Own Thing and has become the drummer for two new Heart n Soul bands – The Radical Raccoons and Too Hot For Candy. Over the past year he has continued to develop as a talented musician and confident young person.

Isaac
I really enjoy Do Your Own Thing. I like taking part and playing music with my friends. I play with Too Hot For Candy and The Radical Raccoons, it’s really good we play lots of songs. I like playing the drums and making people happy. The performances I’ve done so far have gone really really well. I think I’ve grown in confidence. In the future I want to go higher with my drumming.

Florence, Isaac’s mum
We love Isaac coming to Do Your Own Thing and being part of the bands. For us, it’s really important that he’s meeting other young people and he’s learning some new drumming skills.

We feel very proud seeing Isaac perform in front of crowds. He seems really happy.
I found out about Heart n Soul through Allsorts. I was doing a course in Community Music at Goldsmiths, University of London and we were encouraged to go and look at local events. When I got here I was really blown away.

I love volunteering at Heart n Soul, you really get to know the participants and take part in lots of events, it’s brilliant.

You also get to know the other volunteers and staff – it’s really social. There’s also the artistic side of it, I’ve had the chance to create art with people I wouldn’t normally meet.

I’ve also learned lots about art and how to communicate with others on different levels.

I find that Heart n Soul helps volunteers to find themselves – it’s a space where you can’t be anyone but yourself.
Sharing

2012/13 was a year where more than ever we shared our way of working throughout the UK and beyond.

The Fish Police visited Turkey and led music workshops at the Dreams Academy in Istanbul. They also performed at a gig with the Turkish Social Inclusion band.

The band also travelled to Cork in Ireland with video artist Hannah Mason to work with disability organisation Brothers of Charity Services Galway. They ran iPad workshops sharing some of their learning from the Dean Rodney Singers project. They also performed at the 80's-themed club night, Culture Club.

Kali Perkins and Arthur Lea performed at the European Song Festival in Ireland. They sang Kali’s song, 21, with a live forty-piece orchestra in front of an audience of 1,200 people.

They also performed at London’s Southbank Centre as part of the Festival of the World Summit.

“The performance was really fun, I really enjoyed it.” Kali

Training

The Media Team

After two very busy years, The Media Team finished their media training course.

Lilly Cook, Shalim Ali and Nicola Holley started working with Heart n Soul’s Communications Team. They made films, live blogged at some of our key events and helped some of our Allsorts participants get to grips with social networking and iPads. They also updated their website in time for the London 2012 Paralympic Games.

The team’s films were also shown at the Side by Side exhibition at the Southbank Centre and a young people’s film festival in Central London.

Watch the Media Team’s films on Heart n Soul’s YouTube channel www.youtube.com/heartandsoulart

People Skills

All the trainees will be taking part in our new project People Skills. We will be offering them one-to-one sessions, work experience, employment advice and support. Look out for our past trainees at future events!

live blogged – telling audiences about what is happening live at Heart n Soul events through the internet
social networking – connecting with others on the internet
iPads – small computers that you can use to create art
Heart n Soul online
Our website and social networking sites continued to grow and helped us connect with more people than ever, sharing what we do.

Twitter and Facebook are our most important social networks. We use them to let our audiences find out what is happening at Heart n Soul. We now have over 1500 followers on Twitter.

There was also a big increase in views of our videos on YouTube, rising 4,000 to 23,807 across the year.

We have also been helping our participants and audiences to connect with us online by running social networking sessions at Allsorts and encouraging all volunteers to tweet at our events.

Did you know? We also have a Flickr page online where we have lots of photos of our events. See if you can spot yourself! www.flickr.com/heartnsoulart

LinnetMac: “Some things don’t just give you hope, they make you happy” #beautifuloctopusclub @heartnsoulart

social networking – connecting with others on the internet

There have been lots of highlights this year for me. Seeing the Mysterious Universe Party being created at Do Your Own Thing and the ideas from the young people come alive was incredible.

Another highlight was working on the Dean Rodney Singers. Artists were given the chance to really explore creative ideas and I felt that I was working on an equal level with artists with and without learning disabilities - a true collaboration.

Both projects have changed the way I work. Using apps both on iPads and computers has meant that people I work with can now create videos far more easily. The work created is immediate and owned by the participants.

Working with Heart n Soul for the last seven years has been a real journey. What I appreciate most is the attitude of not caring what others think. Rather than trying to fit in, they create their own path.
Finances

**Income (money in)**

Money from multi-disciplinary arts:
38.52% - Thirty-eight point five two percent

Money from taking part (including clubs):
59.06% - Fifty-nine point zero six percent

Money from training:
0.19% - zero point one nine percent

Money from voluntary income (donations):
2.21% - two point two one percent

Money from investment income:
0.03% - zero point zero three percent

**Expenditure (money out)**

Multi-Disciplinary arts:
47.52% - Forty-seven point five two percent

Taking Part (including clubs):
51.40% - Fifty-one point four zero percent

Training:
0.65% - zero point six five percent

Governance costs:
0.44% - zero point four four percent

These figures are taken from our annual accounts. You can ask the Heart n Soul office for a copy. Our auditors reported that, in their opinion they showed a true and fair view of the company affairs.

**In words:**

Funds from last year
Ninety thousand, three hundred and twelve pounds

Income this year
Eight hundred and ten thousand, two hundred and nine pounds

Total funds for this year
Nine hundred thousand, five hundred and twenty-one pounds

Total spent this year
Seven hundred and ninety-five thousand, nine hundred and fifty-four pounds

Total funds left for this year
One hundred and four thousand, five hundred and sixty-seven pounds

Of the total funds left for this year

£27,000 are restricted funds
Twenty-seven thousand pounds

£77,567 are unrestricted/reserve funds
Seventy-seven thousand, five hundred and sixty-seven pounds

**Restricted funds** – funds that have been given to Heart n Soul to use on certain projects

**Unrestricted/reserves funds** – funds that Heart n Soul can choose to use for different purposes. We save this money for unexpected events.

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**multi-disciplinary arts** – range of art we make including music, clubs and films

**governance** – ways of checking a charity is run well

**auditors** – people who check our finances
Future plans

As well as our regular artistic and taking part activities and events, we will keep working on our five-year plans.

Here are our goals for this year:

Art

1. We will support artists with a learning disability to build a career in their chosen art form and to work together with others at a high level.

2. We will make work of a world-class level and share it with audiences on a range of live and digital stages at home and abroad.

3. We will carry on developing and communicating our artistic pathway (the only one of its kind) and share our idea of what is beautiful.

Taking Part and Training

4. We will offer people of all ages the chance to take part in the arts and to train for careers in the arts. We will reach out with our movement for change through greater chances for people to take part from where they live.

Communications

5. We will put money and time into our communications to raise our profile, build our support base and make it easier for a range of people to be connected to Heart n Soul in more than one way, including through new digital routes.
Help us do more

Here’s how you can help us touch and change more people’s lives:

Make a donation: Make a single or regular donation online at justgiving.com/heartnsoul

Send a cheque or postal order to Heart n Soul

If you are a UK taxpayer, please Gift Aid your donation. That means for every £10 you give, Heart n Soul will receive up to £12.50

We promise we won’t share your information with anyone else.

Do something different

If you are interested in doing a sponsored event for Heart n Soul like a marathon or bike ride do let us know.

Christmas appeal

We launched our Christmas appeal to help raise funds to develop our art, training and taking part programmes. Charles & Dean from The Fish Police made a new track called Check the Graffix as a thank you to everyone who donated. Over £3000 was raised.
Heart n Soul Team

Becky Bell, Project Manager

Ono Dafedjaiye, Taking Part Assistant

Catherine Dunne, Administrative Assistant (from October 2012)

Cherry Franklin, Communications Assistant

Rachel Jones, Administrator (until January 2013)

Roger Nelson, Deputy Chief Executive (until September 2012)

Esme Newbery, Training Assistant (until September 2012)

Rachel Parslew, Development Associate (from October 2012)

Sandra Reynolds, Communications Manager

Holly Stratton, Participation Producer

Mark Williams MBE, Artistic Director/Chief Executive

Heart n Soul Trustees

Mark Burgess, Vice-Chair

Kate Linsky, Trustee

Pino Frumiento MBE, Trustee

Sarah Liversedge, Trustee

Hannah Kent, Trustee

Simon Platz, Treasurer

Thomas Lawson, Trustee

Sarah Scott, Chair

Auditor:
Myrus Smith Chartered Accountants
Norman House, 8 Burnell Road, Sutton, Surrey, SM1 4BW
We would like to say thank you to our funders:

The Baily Thomas Charitable Fund
The Robert Gavron Charitable Trust
The Leathersellers’ Company Charitable Fund
The Haberdashers Company

Also many thanks to our individual donors including:
Michael Price, Aileen Ryder and Suna Clements

We are very touched by your support.
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Front cover: The Dean Rodney Singers band
Photo: Charles Stuart/Adele Jeffs