




THE OTAKAR KRAUS MUSIC TRUST
Registered Charity No 1178401

ANNUAL REPORT 2023

REPORT OF THE TRUSTEES FOR 2023

On behalf of the trustees of The Otakar Kraus Music Trust, it gives me great pleasure to provide you with an update of the activities and well-being of OKMT during 2023. It has been my privilege to write the Chair's reports for the previous seven years and I am always so pleased to see the impactful work done by OKMT. Our organisation continues to remain robust, and I am glad to report that OKMT has, despite the difficult environment in the charity sector, had a splendid year and remains in good shape. It continues to deliver music therapy and its related services locally to those in need in the greater Richmond Borough and surrounding areas to a broad range of people, from children to adults, and especially to individuals feeling socially isolated.

Led by our Director, Clare Lawrence, and the OKMT team, we have continued to have a positive impact and have increased the number of people we serve within the Borough of Richmond by working in partnership with local organisations. During the year we provided 3,600 music sessions for 550 people of all ages, a 22% increase over 2022. We launched a new project with Mencap to deliver music therapy groups for adults with learning difficulties. Other continuing projects included: small music therapy groups for toddlers with communication delays in Richmond Children's Centres; for children with additional needs at Music Club at Skylarks Charity; for adults with neurological conditions with Integrated Neurological Services, and for elderly people with dementia and their carers at Homelink Respite Centre. Our work with children and young people with additional needs remains ever strong through OK Music School, OK Youth Choir and OK Ukulele group. With our focus on the vulnerable and those in need, we increased our subsidies for 1 to 1 music therapy to help those on low income or benefits.

The community event of the year was our second Music Marathon held in October where local musicians, bands and choirs came together to celebrate a wonderful day of music, which raised over £11,000 for OK Music School. Attended by the Mayor of Richmond upon Thames and sponsored by Lord Lee, it was a wonderful gathering in the centre of Richmond hosted by Duke Street Church and well attended. It was fantastic to see so many smiling and enthusiastic faces.

Highlights were many, including the DZVIN.CO Ukrainian Women's refugee choir and Richmond Orchestra. Thank you to everyone who participated and helped raise funds.

We were also delighted to welcome BBC Children in Need presenter, Mel Giedroyc, to Music Club, where she met children and parents and took part in the session.

Other highlights of the year include our semi-annual concerts. Thank you once again to both St Paul's Boys' School for providing their beautiful auditorium for our summer concert, and to St Mary's Church, Twickenham, for hosting our Christmas concert in their lovely church. We are proud of our children and young people who all performed spectacularly in the heart-warming concerts.

As we continue to seek out a viable dedicated space, we are ever grateful for the support provided on a weekly basis by Hanworth Methodist Church, United Reformed Church and Newland House School. Without their assistance with providing us space, delivering our programs would be challenging.

As always, OKMT is prudently fiscally managed. Our 2023 projects were fully funded thanks in large part to the dedication of our Fundraiser, Valerie Roy. Our balance sheet remains robust, and OKMT remains in good shape financially. We were able to raise £314,999 during the year to support our activities.

FRIENDS OF OKMT

Lord Lee of Trafford

Ambassador for Friends of OKMT

Dr Margaret Lobo *Patron*

Councillor Nancy Baldwin *Patron*

Sir John Tomlinson *Patron*

Ronald Miao *Chair*

Jill Clark *Trustee*

Gemma Le Marquer *Trustee*

Eva Peters Hilary Emmett

Valerie Roy Hannah Parker

Grenville Corke Hugh Rogers

Remo Grasso Joe Pillman

Maurice Parry-Wingfield Daniel Angel

Lucy Arrowsmith John Grosse

Alan & Lisette Simcock James Maun

Paul Jarman Rob & Cherry Wood

Thank you to our management and staff for all their hard work, keeping everything running smoothly.

On behalf of the Trustees, I would like to thank all our Funders, our donors, Friends of OKMT, therapists, volunteers and clients for their support, hard work and enthusiasm during the year, and for the positive energy which helped us make 2023 another successful and special year for all our clients.



Ron Miao *Chair*

THE OTAKAR KRAUS MUSIC TRUST

The Otakar Kraus Music Trust (OKMT) was founded in 1991 by Dr Margaret Lobo. Its aim is to provide subsidised music therapy for people of all ages who have physical, psychological, behavioural or emotional difficulties, to improve their mental wellbeing and quality of life through creative and participatory music making, enabling them to reach their potential.

OKMT is based in the London Borough of Richmond upon Thames and is an independent, registered charity No. 1178401, governed by a Constitution, and managed by a Board of Trustees,

who are elected and meet quarterly. The Trustees have developed services for the public benefit as per the guidance of the Charity Commission.

Music therapy is an NHS recognised psychological therapy, regulated by the Health Care Professions Council (HCPC), based on the understanding that the ability to respond to music is unimpaired by disability, injury or illness.

Music therapy helps people with learning or physical disabilities, autism, mental health problems and neurological conditions such as stroke and dementia.

It can help to improve speech and communication, confidence, emotional well-being, social skills, cognitive skills, and motor skills.

All music therapists of the Trust hold a master's degree in music therapy and are members of the BAMT (British Association for Music Therapy) and HCPC.

The Trust provides bursaries for its clients who cannot afford its services. It receives no state funding and relies on organisations which provide charitable funding and donations.

IMPACT OF OKMT IN 2023

3,600
music
sessions

550
people
helped

22%
increase on
2022

EARLY YEARS

68 children aged 1-4 attended

90% showed increased interaction and participation

“He is far more confident to take part in the group”

MUSIC CLUB

153 children attended

80% showed improved confidence

“My child feels free to be himself with no judgement”

OK MUSIC SCHOOL

90 children and young people attended

80% had improved mental well being

“It has been fantastic for my child's self-esteem”

OK YOUTH CHOIR

26 children and young people attended

95% said they felt happier

“It gives him a sense of belonging”

UKULELE LESSONS

10 children with disabilities had online ukulele lessons

“As well as ukulele, they are learning social skills and how to enjoy music”

OK MUSIC GROUP

18 adults with learning difficulties took part

“Coming here makes the dark clouds go away. I love listening to and playing the instruments”

NEUROLOGICAL MUSIC THERAPY

24 people with neurological conditions attended

95% had improved breathing or vocal production

“I enjoy getting involved with music again”

OK MUSIC HARMONY

37 elderly people took part

Clients made connections with others and shared memories

“I enjoy the music and being with other people”

DRUMMING & MUSIC THERAPY WORKSHOPS

85 children, young people and adults attended

Clients said they were able to share something positive

“I find comfort within the beat of the music and drum”

We also provided 1-1 music therapy for **50** children and adults with disabilities, additional needs or emotional difficulties

MUSIC THERAPY



Music therapy sessions have really helped my wellbeing. I can express myself through music

Music therapy is a highly effective way to reach people of all ages who struggle to communicate, enhancing their social interaction and emotional well-being. We provided 960 one-to-one music therapy sessions for 50 people, including children with additional needs or who had experienced trauma, at Lowther School in Barnes, funded by the Axis Foundation

EARLY YEARS MUSIC THERAPY

We ran 12 small music therapy groups for children aged 1-4 with communication delays at Richmond Children's Centres, in partnership with **Achieving for Children**. The therapists used guitar, keyboard, percussion instruments and familiar songs to help 68 children interact with others and develop confidence and to help promote parent/carer-child interaction. Thank you to Youth Music for funding this project.

He loves experimenting with all the different musical instruments



MUSIC CLUB

During 2023, 153 children with additional needs and their siblings attended Music Club run by music therapist, Edison Carolino, at **Skylarks Charity**, with ages ranging from a few months to teenagers. At Music Club, the music therapist plays recorder, and the children improvise on percussion and on the keyboard with the therapist, helping to improve communication skills and confidence and develop listening skills. We were delighted to be joined in October by Mel Giedroyc, who visited on behalf of BBC Children in Need, who fund Music Club. She joined in the fun enthusiastically and described her visit as brilliant and life-affirming.



OK MUSIC SCHOOL

My child now has a talent that was previously unrecognised and exudes confidence

At OK Music School 76 children and young people with disabilities are taught by qualified music therapists and specialist teachers to play a musical instrument or sing, and perform in public concerts. Pupils make friends, gain confidence and self-esteem and feel proud to perform in front of friends and family. Our summer concert at St Paul's School in Barnes and our Christmas concert at St Mary's Church, Twickenham featured OK Music School pupils and Band, the OK Youth Choir and the Ukulele Group, and were inspiring events enjoyed by the community. During 2023, 11 pupils passed music exams. We would like to thank all the funders of OK Music School for their support.



OK YOUTH CHOIR

The OK Youth Choir for children and young people with additional needs and their siblings met weekly with 26 attendees. They performed in our summer and Christmas concerts, using Makaton signing also. The participants gain confidence and enjoy a shared activity and performing with their friends at our concerts. Many thanks to the D'Oyly Carte Charitable Trust for funding the Choir.



It gives him a sense of belonging and pride to sing in the choir

OK UKULELE GROUP

We run two online courses for ten children and young people with additional needs and their siblings to learn to play Ukulele with Tara Maysey of the Ukulele Project. The participants gain confidence and social skills such as turn taking and performed in our summer and Christmas concerts. We also ran 3 in-person workshops for new and existing students, followed by a joint performance with the Age UK Ukulele Group at the Cabbage Patch pub in Twickenham, reaching across generations. This project was funded by a Jack Petchey Foundation Leadership Award.



DRUMMING & OTHER WORKSHOPS

We ran drumming workshops with Activity Station Barnes and drumming/music therapy workshops at TAG Youth Club, for RUILS and 21 & Co. We also held a series of ukulele workshops at Together As One for adults with mental health issues and a music therapy workshop with Spear for formerly homeless young people.

OK MUSIC GROUP

With a grant from The Normansfield & Richmond Foundation, we started a new project with Richmond Mencap, providing music therapy groups for 18 adults with learning disabilities as part of a morning of activities. The groups were greatly enjoyed and helped participants express themselves and make friends.



I feel pleased and joyous to be part of the group

NEUROLOGICAL MUSIC THERAPY

We ran two groups for 24 people with neurological conditions in partnership with Integrated Neurological Services, one in Barnes, funded by the Barnes Fund and one in Twickenham, funded by Richmond Council Active Richmond fund. The groups improved vocal production, mobility and mental well-being.

The breathing and vocal exercises have been learnt and will be used

OK MUSIC HARMONY FOR ELDERLY PEOPLE

We ran bi-weekly groups for elderly clients at Homelink Day Respite Centre, funded by Heathrow Community Trust, to help them interact with others and share memories. We also ran monthly groups for clients with dementia and their carers, giving them opportunities to share experiences and lift their mood.

We held a six week music therapy group with Age UK for elderly people with dementia and their carers, and hope to run more in 2024.



Key highlights saw OKMT finish the year in good shape after delivering a record 3,600 music sessions for 550 people across all ages! Our financial aim in 2023 was again to maximise as much support as possible to our clients, whilst striving to contain costs and overheads to breakeven levels.

Our increased total year on year revenues +£18.1k for fees and grants, covered the increasing activity expenditure +£15.4k, giving a small increase in 2023 surplus to £3.5k from £0.8k. Our overall expenditure shows 94.1% of our costs spent on direct and attributable support of our Charitable aims with just 5.9% spent on fundraising activity.

Future Plans

Reserves at the end of Financial Year 2023 remain in a positive state with free reserves covering just under four months of full normal current operations. The strategic plan for 2023/24 in terms of charitable activities is supported by a continuous planned programme of grant and restricted funding applications. The Trustees have recognised the financial requirements of sourcing a new studio and retained a £25k Designated Fund to support this key purpose.

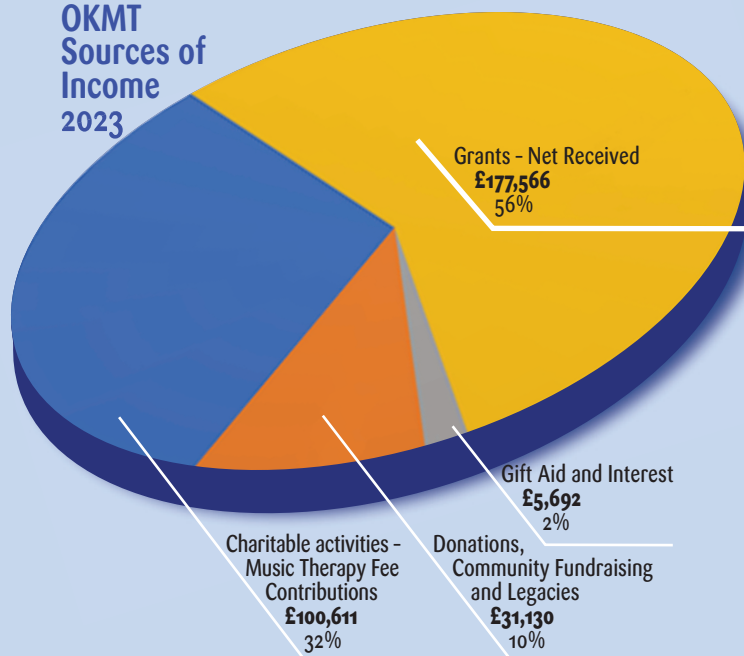
However, we are conscious that against the background of post Covid 19 and the very difficult current cost of living economic conditions, OKMT will need to work really hard to achieve future success and our strategic aims. As a key part of this, we will continue to target and raise more core support funding to help expand our future activities.

OKMT		Statement of Financial Activities - 2023		
Incoming resources	Unrestricted funds	Restricted income funds	Full Year Total funds 2023	Full Year Total funds 2022
Income - How OKMT raises funds	£	£	£	£
Donations, Community Fundraising and Legacies	31,130	-	31,130	36,472
Gift Aid	2,841	-	2,841	1,133
Grants - Net Received	560	177,006	177,566	168,841
Charitable Activities - Music Therapy Fee Contributions	100,611	-	100,611	89,931
Investments	2,851	-	2,851	499
Total Income	137,993	177,006	314,999	296,876
Resources expended				
Expenditure - How OKMT spends funds raised				
Fundraising				
Raising Funds - Agency Fundraiser Commission	2,795	-	2,795	3,556
Raising Funds - OKMT Fundraising and Marketing	14,111	1,465	15,576	16,517
Total Expenditure on Raising Funds	16,906	1,465	18,371	20,073
Direct Charitable Activities				
Professional Music Therapist Fees and Expenses	58,337	112,305	170,642	165,409
Training and Workshops	731	2,304	3,035	3,600
Musical Equipment	604	882	1,486	1,328
Premises Hire - OKMT Outreach Projects - URC/HH	3,543	2,000	5,543	4,737
Main Music Studio Costs - HWMC	5,404	3,501	8,905	5,174
Bursary Fees and Provisions	4,820	1,155	5,975	2,890
Just Giving Fee	396	-	396	396
Events, Printing and Reproduction	6,709	-	6,709	5,142
Studio Maintenance - HWMC	134	-	134	527
Equipment and Zoom Costs	251	-	251	400
Total Expenditure on Charitable Activities	80,929	122,147	203,076	189,603
Supporting Charitable Activities				
OKMT Director	13,215	26,868	40,083	38,135
Operations Co-ordinator	536	15,352	15,888	15,295
Administration	8,691	11,174	19,865	17,424
Office Expenses and Equipment	1,767	-	1,767	2,029
Accounting - Outsourced Bureau, Payroll and Review	7,394	-	7,394	7,630
Insurances	905	-	905	864
Other Expenses including Website	2,434	-	2,434	2,406
BAMT and Other Membership Fees	209	-	209	371
Bank Charges and Commissions	343	-	343	276
OKMT - Strategy Away Day	-	-	-	947
Depreciation - Tangible assets	1,214	-	1,214	1,024
Total Expenditure on Supporting Charitable Activities	36,708	53,394	90,102	86,401
Total Charitable Activities	117,634	175,541	293,178	276,004
Total Expenditure	134,543	177,006	311,549	296,077
Net Income for the Year	3,450	-	3,450	799

	Unrestricted funds £	Restricted income funds £	Full Year Total 2023 £	Full Year Total 2022 £
Fixed Assets				
Tangible Fixed Assets	9,334	-	9,334	9,913
Current Assets				
Debtors	20,850	-	20,850	18,070
Cash at bank and in hand	198,767	70,318	269,085	235,421
Total current assets	219,617	70,318	289,935	253,491
Creditors				
Creditors: amounts falling due within one year	18,551	-	18,551	14,206
Deferred Income - Restricted grants received for 2024	80,513	-	80,513	43,625
Total current liabilities	99,064	-	99,064	57,831
Net current assets	120,553	70,318	190,871	195,660
Total Net Assets	129,887	70,318	200,205	205,573
Funds of the Charity				
Unrestricted funds	104,887	-	104,887	101,437
Designated funds	25,000	-	25,000	25,000
Restricted income funds	-	70,318	70,318	79,136
Total Funds	129,887	70,318	200,205	205,573

OKMT - Net Grants Received

	2023 New Full Grant £	2023 Net Spend £		2023 New Full Grant £	2023 Net Spend £
Grants Received in prior years - B/fwd to 2023			Grants Received in full 2023		
ArtSocial Foundation		1,490	ArtSocial Foundation	14,225	7,947
Arts Society Kingston		885	Axis Foundation	4,920	1,155
BBC Children in Need		515	BBC Children in Need	9,388	5,558
Camelia Botnar Foundation		10,000	City Bridge Foundation	36,880	30,733
Garfield Weston Foundation		6,260	Hampton Fund - Music School	15,000	14,367
Hampton Fund		3,635	Hampton Fund - Core	10,000	7,500
Hampton Fund - Homelink Group		6,245	Heathrow Community Trust	2,460	1,430
Heathrow Community Trust		2,025	Global Charities	4,928	750
Jack Petchey Foundation		897	Jack Petchey Foundation	1,600	100
National Lottery - Awards For All		2,530	John Horniman's Children's Trust	1,500	1,500
Postcode Society Trust		1,815	London Borough of Richmond upon Thames	5,000	1,540
Youth Music - National Foundation		5,500	Masonic Charitable Foundation	5,000	5,000
Stephen Clark Charitable Trust		1,000	Normansfield and Richmond Foundation	5,840	3,340
Tommy Hollis Children's Fund		2,020	Radcliffe Trust	3,000	2,206
The Truemark Trust		6,000	Richmond Parish Lands Charity	27,500	27,500
Other Grants		2,271	St James's Place Charitable Foundation	5,800	3,339
RF - Subtotal per Statutory Accounts - Note 10		53,088	The Anton Jurgens Charitable Trust	5,000	2,500
			The Barnes Fund	1,400	1,400
			The D'Oyly Carte Charitable Trust	4,860	2,195
			Youth Music - National Foundation	5,280	3,238
			Tommy Hollis Children's Fund	3,200	1,180
			RF - Subtotal per Statutory Accounts - Note 10	172,781	124,478
			Total RF Net Utilised as Statutory Accounts 2023		
			Grants Total - Net Received per 2023 Accounts		177,566

OKMT
Sources of
Income
2023

FUNDRAISING EVENTS DURING 2023

OUR MAIN FUNDRAISING EVENT OF 2023 WAS OUR FANTASTIC **Music Marathon** in October where the community came together to celebrate music and raise funds for OKMT. Thank you to Her Worship, the then Mayor of Richmond, Cllr. Suzette Nicholson and Sir Vince Cable for attending, to Lord Lee of Trafford who sponsored the event, and to Cllr. Nancy Baldwin who compered so brilliantly! And many thanks to the Petersham Hotel, Richmond Hill Hotel, Gaucho, Tapas Brindisa and all the other local businesses who supplied raffle prizes.



Many thanks to Ed Wilson and our Operations Co-ordinator, Hana Wilford who ran the **Big Half Marathon** in September, raising £1,400 for OKMT.

Thank you to the **Pomona College Glee Club** who performed an outstanding celebration of choral music from the Americas and Britain with collection coming to OKMT and to **St Paul's School, Barnes**, for their fundraising concert with amazing performances.

Over six and a half hours we had performances from the OK Music School Band, RUILS Choir, Kew Community Choir, recorder ensembles, piano pieces, guitar, opera and folk, including the wonderful DZVIN.CO Ukrainian Women's refugee choir. And a beautiful performance from Richmond Orchestra with a moving finale of 'Thank you for the Music' where everyone joined in. The event raised over £11,000, so a huge thank you to all the performers and everyone who sponsored them.

Thank you also to St Philip & St James Church, Whitton for their generous donation and to Vocality Choir, Kensington Choir and Fleet Singers, Teddington & Hampton Music Festival, Newland House School and Hounslow Bowls Club for collections or donations to OKMT.

A huge thank you to everyone who supported us in 2023, to our Friends of OKMT and to all our Funders listed below, who have enabled us to make a difference to more people through the power of music.

OKMT TRUSTEES serving during 2023

Ronald Miao CHAIR	Jill Clark	Peter Hadfield
Raymond Collins TREASURER	Laura Clayton Plail	Gemma Le Marquer
	Kamna Muralidharan	

STAFF THERAPISTS & TEACHERS

Clare Lawrence DIRECTOR	Edison Carolino MUSIC DIRECTOR
Valerie Roy FUNDRAISING MANAGER	Carmem Coles
Cheryl Valland ADMINISTRATOR	Jo Caleb
Hana Wilford OPERATIONS CO-ORDINATOR	Chrissy Fuller
Mercedes Bianchin MUSIC SCHOOL CO-ORDINATOR	Margaret Nicholson
	Sophie Crawford
	Elaine Ng
	Gary McNeillie
	Matthew Sheath
	Emilio Reyes

FUNDERS 2023

- ◆ Active Richmond Fund (LBRuT)
- ◆ ArtSocial Foundation
- ◆ Axis Foundation
- ◆ BBC Children in Need
- ◆ City Bridge Foundation
- ◆ D'Oyly Carte Charitable Trust
- ◆ Garfield Weston Foundation
- ◆ Global's Make Some Noise
- ◆ Hampton Fund
- ◆ Heathrow Community Trust
- ◆ Jack Petchey Foundation
- ◆ John Horniman's Children's Trust
- ◆ Masonic Charitable Foundation
- ◆ National Lottery/Awards for All
- ◆ Normansfield and Richmond Foundation
- ◆ Richmond Parish Lands Charity
- ◆ St James's Place Foundation
- ◆ Stephen Clark Charitable Trust
- ◆ The Anton Jurgens Charitable Trust
- ◆ The Barnes Fund
- ◆ The Edward Gostling Foundation
- ◆ The Radcliffe Trust
- ◆ The Tommy Hollis Children's Fund
- ◆ Sir Jules Thorn Charitable Trust
- ◆ Youth Music

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