

ANNUAL REPORT

2022



REPORT OF THE TRUSTEES FOR 2022

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 2022. I am pleased to report that OKMT had a splendid year and remains in good shape and continues to deliver our services locally to those in need in the greater Richmond Borough and surrounding areas. OKMT delivers music therapy to people with disabilities or long-term illness, and to vulnerable and isolated people, whether due to the Covid pandemic, the cost-of-living crisis or any other reason.

Led by our Director, Clare Lawrence, we have increased the number of people we serve, especially within the Borough of Richmond, by developing new projects in partnership with local organisations. During the year, we provided 3,400 music sessions for 450 people of all ages, a 45% increase over 2021. New projects included: music therapy groups at all six Children's Centres in Richmond for toddlers with communication delays, and their parents; two groups with The Wild Mind Project of outdoor music therapy for young people with mental health problems; and music therapy groups for adults with learning disabilities at Richmond and Hillcroft Adult Community College. Our work with children and young people with additional needs remains ever strong through OK Music School, OK Youth Choir, Music Club and OK Ukulele group, as does our work for people with mental health problems, neurological conditions and for elderly people with dementia. 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.

In March 2023, we were very proud to win highly commended in the Best Charity category at the 2022 Richmond Business Awards. Highlights of the year include our concerts. Thank you to 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. We are proud of our children and young people who all performed spectacularly in the heart-warming concerts.

Our success in 2022 is in large part due to the support our Director receives from our Operations Coordinator, a role put in place in 2021 and having an impact in our ability to deliver services across the borough. We welcomed our new Operations Co-ordinator, Hana Wilford, in September 2022, and wish her predecessor, Isabel Fitzsimmons, well as she studies to become a music therapist.

I regret to report that our hoped-for joint project with several other local charities to develop a community hub has unfortunately come to an end. As always, finding a viable dedicated space for OKMT still remains a top priority for the Board. 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 a space, delivering our programs would be challenging.

As always, OKMT is fiscally prudently managed. Our 2022 projects were fully funded thanks in large part to the dedication of our

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
- ♫ Hannah Parker
- ♫ Eva Peters
- ♫ Valerie Roy
- ♫ Grenville Corke
- ♫ Remo Grasso
- ♫ John Grosse
- ♫ Rob Wood
- ♫ Alan & Lisette Simcock
- ♫ Paul Jarman
- ♫ Hilary Emmett
- ♫ Elizabeth Shalliker
- ♫ Hugh Rogers
- ♫ Joe Pillman
- ♫ Kathryn Howells
- ♫ Cheryl Valland
- ♫ James Halstead
- ♫ Cherry Wood
- ♫ James Maun

Fundraiser, Valerie Roy. Our balance sheet remains robust, and OKMT remains in good shape financially. We were able to raise £296,876 during the year to support our activities.

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, therapists, volunteers and clients for their support, hard work and enthusiasm during the year, and for the positive energy which helped us make 2022 another successful and special year for all of our clients. A special thank you to Lord Lee for choosing OKMT as the beneficiary of his 80th Birthday celebration and to all the Friends of OKMT who supported us through the year with their regular contributions to OKMT.



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.

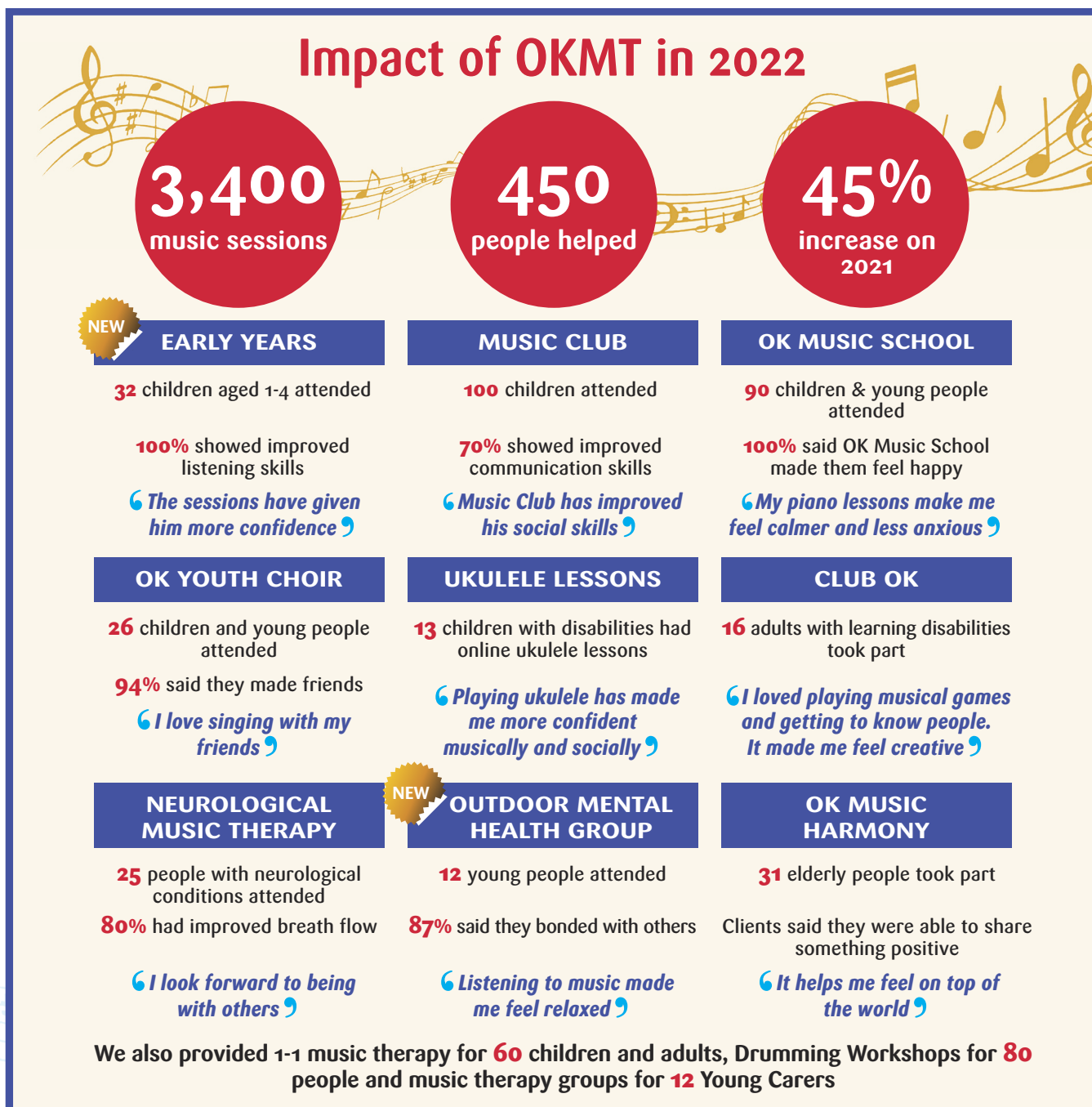
Music therapy is an NHS recognised psychological therapy, regulated by the Health Care Professions Council (HCPC), based on the understanding that the ability to respond to music is unimpaired by disability, injury or illness.

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.



Music Therapy

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. In 2022 OKMT provided 890 one-to-one, or small group music therapy sessions for 60 people at our premises, in care and residential homes and in The Russell and Pield Heath Schools.



Early Years Music Therapy

Following a pilot project in Spring 2022, we were able to run small group music therapy sessions at all six Richmond Children's Centres in partnership with **Achieving for Children** for 32 children aged 1-4 who have language or communication delays and social difficulties, perhaps caused by the Covid restrictions.

The therapists use guitar, keyboard, percussion instruments and familiar songs to help the children develop confidence, communication and social interaction and focus and to help promote parent/carer-child interaction. Thank you to Partners for Health and Youth Music for funding this project.

Our daughter is definitely starting to talk better and has really engaged with the group



OK Music Club

During 2022, 100 children with additional needs and their siblings attended Music Club run by our Music School Director, Edison Carolino, at **Skylarks Charity**. Small groups attended in three sessions with ages ranging from a few months to teenagers. Most mainstream music activities do not meet their needs, but at Music Club, funded by BBC Children in Need, the music therapist adapts to each individual, and playing percussion together and giving each child a chance to improvise on the keyboard with him, encourages them to listen, communicate, and interact more confidently with others. Edison also runs Drumming Workshops at Music Club which everyone loves.

Music Club is tailored to his needs and helps with group participation and communication

OK Music School



76 children and young people with disabilities are currently attending OK Music School in 2022, being taught by qualified music therapists to play a musical instrument or sing and perform in public. Pupils make friends, gain confidence and self-esteem, and feel proud performing in our concerts, which bring joy to the community. We held two wonderful concerts featuring OK Music School pupils and Band, the OK Youth Choir and the Ukulele Group, a summer one at St Paul's School in Barnes and our Christmas concert at St Mary's Church, Twickenham, where we were honoured to be joined by the Mayor of Richmond upon Thames and other dignitaries.

During 2022, three pupils passed Music Teaching Board (MTB) exams. We would like to thank all the funders of OK Music School for their support.

Music makes me happy, and I look forward to coming to music lessons and seeing my friends

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 choir gives the young people the opportunity to make friends and gain confidence from performing together at our concerts. Many thanks to Heathrow Community Trust for funding the Choir.



OK Ukulele Group

13 children and young people with additional needs and their siblings took part in online ukulele lessons with Tara Maysey of the **Ukulele Project**. The group performed in our summer and Christmas concerts increasing confidence and pride. Six pupils are preparing for Grade 1 ukulele exam and an ensemble performance exam. Thank you to Kew Village Market for funding this project. Sarah Olney MP presented the cheque to Tara Maysey and Clare Lawrence, Director of OKMT.



Philip Wells Interactive Poetry Sessions

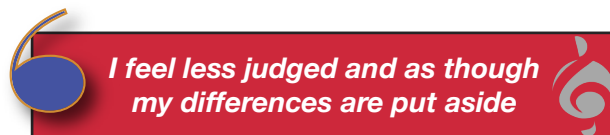
We held Interactive Poetry Sessions for children and young people with disabilities. The sessions enabled them to have fun, and boosted their confidence whilst interacting with one another making creative poems.

Young Carers Group

We ran group music therapy sessions for 12 young carers in partnership with **Richmond Carers Centre**, giving them a chance to have fun with others and share their feelings and worries. Funded from money raised as one of the chosen charities of the former Mayor of LBRuT, and now Patron of OKMT, Cllr Nancy Baldwin.

Outdoor Music Therapy for Mental Health

We ran two 5-week courses with the **Wild Mind Project** with outdoor art and nature activities and music therapy, for young people with mental health issues and for young people from the LGBTQ+ community, helping them express themselves and reduce stress and anxiety. Thank you to Hampton Fund for funding these groups.



Club OK

With a grant from The Normansfield & Richmond Foundation, we ran two 12-week courses for 16 adults with learning disabilities at **Richmond and Hillcroft Adult Community College**. Music therapy and art helped them express themselves and bond with others.

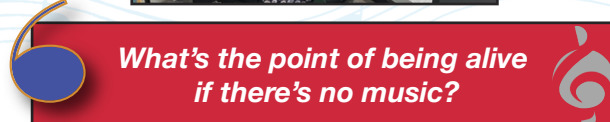


Neurological Music Therapy Group

We ran three groups for 25 people with neurological conditions in partnership with **Integrated Neurological Services**, one online, one face-to-face and one combined with a speech and language specialist, to help improve voice production and verbal communication.

OK Music Harmony for Elderly People

We returned to in person weekly music therapy groups for elderly people at **Homelink Day Respite Centre**, helping them share memories evoked by the music. We also ran a monthly client/carer group which helped improve interaction and mental well-being. Many thanks to Hampton Fund for funding this project.



Key highlights saw OKMT finish the year in good shape after delivering a record 3,400 music sessions for 450 people across all ages. A range of new projects, covering music therapy sessions for both children and adults were commissioned across the Borough of Richmond. Our financial aim in 2022 was again to maximise as much support as possible to our clients whilst striving to contain costs and overheads to breakeven levels. Community fundraising +£4k and Music Therapy contributions +£17k, together with key funder support raising Grant income by + £14k, helped us achieve our aims. Our increased total revenues, for fees and grants, helped cover the increasing activity £38k, including the full year addition of our new Operations Co-ordinator role. Our overall expenditure shows 93.2% of our costs spent on direct and attributable support of our Charitable aims with just 6.8% spent on Fundraising activity.

Future Plans

Reserves at the end of Financial Year 2022 remain in a positive state with free reserves covering 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 £25,000 Designated Fund to support this key purpose. However, we are conscious that against the background of post C19 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.

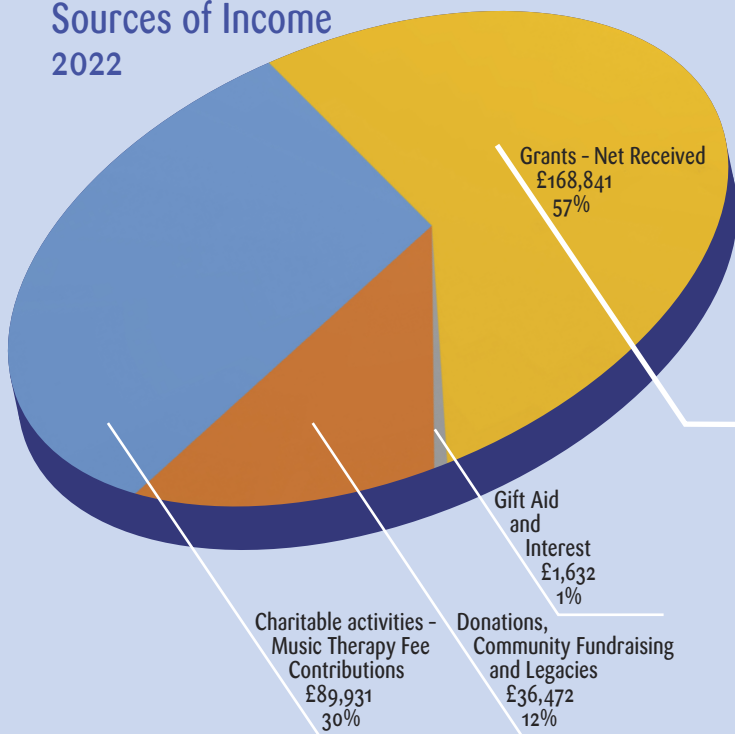
OKMT		STATEMENT OF FINANCIAL ACTIVITIES - 2022			
INCOMING RESOURCES		Unrestricted funds	Restricted income funds	Full Year Total funds 2022	Full Year Total funds 2021
Income - How OKMT raises funds		£	£	£	£
Donations, Community Fundraising and Legacies		36,472	-	36,472	32,696
Gift Aid		1,133	-	1,133	1,273
Grants - Net Received		788	168,053	168,841	155,000
Charitable activities - Music Therapy Fee Contributions		89,931	-	89,931	72,425
Investments		499	-	499	41
Total Income		128,823	168,053	296,876	261,435
RESOURCES EXPENDED					
Expenditure - How OKMT spends funds raised					
Fundraising:					
Raising Funds - Agency Fundraiser Commission		3,556	-	3,556	3,025
Raising Funds - OKMT Fundraising & Marketing		15,217	1,300	16,517	14,010
Total Expenditure on Raising Funds		18,773	1,300	20,073	17,035
Direct Charitable Activities:					
Professional Music Therapist Fees and Expenses		60,464	104,945	165,409	147,195
Training and Workshops		385	3,215	3,600	1,882
Musical Equipment		225	1,103	1,328	1,353
Premises Hire - OKMT Outreach Projects - URC/HH		1,737	3,000	4,737	4,994
Main Music Studio Costs - HWMC		924	4,250	5,174	3,978
Bursary Fees and Provisions		2,640	250	2,890	3,146
Just Giving Fee		396	-	396	312
Events, Printing and Reproduction		5,142	-	5,142	4,230
Studio Maintenance - HWMC		527	-	527	2,043
Covid-19 Response - PPE, Equipment and Zoom Costs		216	184	400	885
Total Expenditure on Charitable Activities		72,656	116,947	189,603	170,018
Supporting Charitable Activities:					
OKMT Director		6,753	31,382	38,135	37,054
Operations Co-ordinator		2,295	13,000	15,295	4,865
Administration		12,341	5,083	17,424	15,625
Office Expenses and Equipment		2,029	-	2,029	1,242
Accounting - Outsourced Bureau, Payroll and Review		7,630	-	7,630	7,245
Insurances		864	-	864	854
Other Expenses including Website		2,065	341	2,406	1,771
Bank Charges		276	-	276	336
BAMT and Other Membership Fees		371	-	371	377
OKMT - Strategy Away Day		947	-	947	-
HR Advertising and Interview Costs		-	-	-	431
Depreciation - Tangible assets		1,024	-	1,024	700
Total Expenditure on Supporting Charitable Activities		36,595	49,806	86,401	70,500
Total Expenditure		128,024	168,053	296,077	257,553
Net Income for the Year		799	-	799	3,882

	Unrestricted funds £	Restricted income funds £	Full Year Total 2022 £	Full Year Total 2021 £
FIXED ASSETS				
Tangible Fixed Assets	9,913	-	9,913	9,619
CURRENT ASSETS				
Debtors	18,070	-	18,070	15,603
Cash at Bank and in hand	156,285	79,136	235,421	260,643
Total current assets	174,355	79,136	253,491	276,246
CREDITORS				
Creditors: amounts falling due within one year	14,206	-	14,206	20,304
Deferred Income - Restricted grants received for 2023	43,625	-	43,625	82,367
Total current liabilities	57,831	-	57,831	102,671
Net current assets	116,524	79,136	195,660	173,575
TOTAL NET ASSETS	126,437	79,136	205,573	183,194
FUNDS OF THE CHARITY				
Unrestricted funds	101,437	-	101,437	100,638
Designated funds	25,000	-	25,000	25,000
Restricted income funds - inc. £4,368 MHPC Comm' Project	-	79,136	79,136	57,556
TOTAL FUNDS	126,437	79,136	205,573	183,194

OKMT - Net Grants Received

	2022 New Full Grant £	2022 Net Spend £		2022 New Full Grant £	2022 Net Spend £
Grants Received in prior years - B/fwd to 2022			Grants Received in full 2022		
ArtSocial Foundation		1,490	ArtSocial Foundation	17,650	16,160
BBC Children in Need		850	Arts Society Kingston	2,252	60
Hampton Fund		1,580	BBC Children in Need	10,000	9,485
Hampton Fund - Homelink Group		6,245	Camelia Botnar Foundation	10,000	0
Jack Petchey Foundation		865	City Bridge Trust	31,500	30,750
John Horniman's Children's Trust		1,315	Garfield Weston Foundation	10,000	3,739
National Lottery - Awards For All		2,500	Hampton Fund - Music School	15,000	13,865
Postcode Society Trust		1,815	Hampton Fund - Core	10,000	7,500
The Baily Thomas Charitable Fund		1,000	Heathrow Community Trust	5,130	3,105
The Hodge Foundation		1,400	Jack Petchey Foundation	1,400	503
The Radcliffe Trust		2,500	Kew Village Market	1,000	1,000
Other Grants		6,495	MM UK	1,000	407
RF - Subtotal per Statutory Accounts - Note 10		28,055	Masonic Charitable Foundation	5,000	5,000
			National Lottery - Awards For All	10,000	7,471
			Normansfield and Richmond Foundation	8,000	6,505
			Hospital Saturday Fund (Partners for Health)	1,500	1,500
			London Catalyst (Partners for Health)	1,500	1,500
			Richmond Parish Lands Charity	25,000	25,000
			Stephen Clark Charitable Trust	1,000	0
			The Edward Gostling Foundation	5,000	2,568
			The Tregelles Trust	3,000	2,700
			The Truemark Trust	6,000	0
			Tommy Hollis Children's Fund	3,200	1,180
			Youth Music	5,500	0
			RF - Subtotal per Statutory Accounts - Note 10	189,632	139,998
			City Bridge Trust - UnRestricted	788	788
			Total RF Net Utilised as Statutory Accounts 2022		
			Grants Total - Net Received per 2022 Accounts		168,841

OKMT Sources of Income 2022



Fundraising Events during 2022

Our **Quiz and Curry Night** in May was our first real-life indoor fundraising event for 2 years! A great evening with more fiendish questions from Chris Lawrence, and our compere Cllr Nancy Baldwin keeping us in order.

A huge thank you to our former music therapist, Elliot Little, and Sebastian Alasino who cycled 100 miles in the **Ride-London-Essex 100** to raise funds for OKMT - a huge challenge which they both enjoyed.

Many thanks also to Alexi and Navjote Chan who ran **the Big Half** Marathon in September, raising over £2,000 for OKMT.



We are also very grateful to Chris Lawrence who walked 26.2 miles through the parks and riverside in Southwest London in the **Virtual Marathon** in October and raised over £1,000.

Thank you to **St Paul's School, Barnes**, who held a fundraising concert for us in June and provided their beautiful auditorium free of charge for our summer concert.

We are so grateful to Lord Lee of Trafford, our Friends of OKMT Ambassador, who chose OKMT as the beneficiary for his **80th birthday lunch at Petersham Nurseries**. Our OK Music School band played some numbers for his guests who absolutely loved the performances. Many thanks to everyone who donated so generously, raising over £5,000, and to Gael and Francesco Boglione at Petersham Nurseries.



We are also grateful to the Arts Society, Kingston who raised funds for music therapy and dance workshops; and for donations from Kew Village Market, the Twickenham Lodge Masons, St Francis Da Scala Catholic Church, Vocality Choir, and Rachel Logan's singing pupils.

Thank you very much to everyone who supported us in 2022, to our Friends of OKMT and to all our Funders, listed below, who have enabled us to make a difference to disadvantaged people through the power of music.

OKMT Trustees serving during 2022

Ronald Miao Chair
Raymond Collins Treasurer
Jill Clark
Laura Clayton Plail
Kamna Muralidharan
Peter Hadfield
Edward Boamah Resigned

Staff

Clare Lawrence Director
Valerie Roy Fundraising Manager
Cheryl Valland Administrator
Isabel Fitzsimmons Operations Co-ordinator
Hana Wilford Operations Co-ordinator
Mercedes Bianchin Music School Co-ordinator

Therapists & Teachers

Edison Carolino Music Director
Carmem Coles
Christy Fuller
Margaret Nicholson
Jack Hudson
Gary McNeillie
Sophie Crawford
Elaine Ng
Tara Maysey
Jo Caleb
Rachel Logan

Funders & Supporters 2022

ArtSocial Foundation
Arts Society Kingston
BBC Children in Need
Camelia Botnar Foundation
City Bridge Trust
The Edward Gostling Foundation
The Garfield Weston Foundation
Hampton Fund
The Hodge Foundation
John Horniman's Children's Trust
The Tommy Hollis Children's Fund
Jack Petchey Foundation
Heathrow Community Trust
Hospital Saturday Fund
London Catalyst
Masonic Charitable Foundation
National Lottery/Awards for All
Normansfield and Richmond Foundation
Postcode Society Trust
Richmond Parish Lands Charity
Stephen Clark Charitable Trust
The Radcliffe Trust
The Baily Thomas Charitable Fund
The Truemark Trust