



ANNUAL REPORT 2013



Otakar Kraus Music Trust
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Registered Charity No 1009797



CHAIRMAN'S REPORT – John Grosse

I cannot believe how fast years go by. Another has past and again we are filled with praise for a year of magnificent achievement by Margaret and her team. I am sure that the first to agree with me will be the clients who attended sessions at the OKMT studio, Care Homes & Outreach Centres - individual and group sessions of music therapy or other musical experience, and not forgetting the parents and carers of those clients who also consequently gained benefit.

For nearly 25 years the Trust has been bringing the extraordinarily powerful therapeutic benefits of music to hundreds of people, young and old, in Twickenham, the wider area of West London and the Home Counties. From its start, with music therapy for just a few local children with autism, the Trust has developed massively in size and scope and continues to be innovative.

Music Club and **Music School** went ahead in leaps and bounds, or should I say in crochets and quavers, and new ground was covered by a choir for the parents of children with additional needs and the projects of **Music and Me**, **Music Therapy in Adoption** and **Art Therapy with OKMT** workshop. We are excited that the pilot project for young people with psychosis gives prospect of help where it is so desperately needed.

Progress of all these projects, as well as music therapy clinically applied for individual clients, wholly depend on funds being available and in a group that receives no State funding much reliance is placed upon the generosity of individuals, companies and grant giving bodies.

We offer our grateful thanks to those who have supported us this year, some on-going, some with repeat grants and some for the first time. *BBC Children in Need* continued to support **Music Club** and **Music School for Special Needs** was made possible by grants from *St James Place Foundation*, *Hampton Fuel Allotment*, *The Stephen Clark Charitable Trust* and *The Mercers Company*. Our great local friends of the *Rotary Clubs of Twickenham* and *Kew Gardens* were joined in their support by *The Prince's Trust*, *The Waterloo Foundation*, *The Grey Court Trust* and *The Hospital Saturday Fund* along with the growing group of '**Friends of the Trust**' who give £40 a year, where possible augmented by Gift Aid. Thank you all so much.

We were pleased that clients could put some of the work 'on display' in Concerts so that well-wishers could see for themselves the results of their support. Music School students did a short performance for a BBC team who visited in June and then made their first public performance in a Summer concert in July followed by a Christmas concert in December in Hampton Hill when their choir and the parents choir performed to a full house. It was truly wonderful for all concerned – very well done everyone!

Our Director, Dr Margaret Lobo has a brilliant team and they never cease to produce amazing results. The MT professionals work with complete dedication to their clients and their calling and they are ably supported by the very small administrative group and volunteers that diligently control the paper work and still find time to make the applications that bring in the funds to keep everything going. All make superb efforts and we congratulate them for the great successes achieved.

I offer an enormous thank-you to the trustees, Director, therapists, staff and volunteers for all your efforts in making this another superb year.

John Grosse – Honorary Chairman

January 2013 to December 2013

Otakar Kraus Music Trust's Activities in 2013

The Otakar Kraus Music Trust was formed in 1990. It provides music therapy for children and adults who have physical, psychological, behavioural and emotional disabilities. Our mission is to ensure that everyone has access to affordable music therapy in order to improve their wellbeing and quality of life and reach their full potential. We are currently headquartered in Twickenham, Middlesex with outreach centres in West London and the Home counties.

The Otakar Kraus Music Trust is an independent, registered charity (No: 1009797). All its therapists are highly qualified practitioners and are members of the BAMT (British Association for Music Therapy) and HCPC (Health Care Professional Council). Otakar Kraus operates a published health and safety policy and a child protection policy.

The Trust provides bursaries for its clients who cannot afford its services, but does not receive any State funding. It relies on organisations which provide charitable funding and donations. It also holds self-funding events.

The Start Up of Music School

The success of the pilot projects in 2012 saw the creation of Music School for Special Needs Children and Young People. The brain child of one of the therapists at Otakar Kraus Music Trust, its purpose is to provide each student with focused attention that might not be available to them elsewhere. Unique in its teaching method and the only one of its kind in the U.K., it works towards preparing the students for performance and is intended to provide grounding necessary for those ready to take music exams.

Another aim fulfilled was the choir created from Music OK and also a choir for the Parents of children with special needs. Both have been successful during the year and their next goal is producing CD's.

Other Projects

Music & Me for Parents/carers with Toddlers and Music Therapy in Adoption were also successful pilot projects. There was also an Art Therapy with OKMT workshop for adults. All 3 can be available when funding and interest is forthcoming.

A Taster and pilot project for the Early Intervention Service in Hounslow for young people with psychosis. The goal is to integrate this group with Music School.

Music Club continues to be supported by BBC Children in Need.

Events in the Year (to raise funds and awareness)

CBB's came to visit in June and some of the Music School students did a short performance for them

Summer concert in July at the United Reformed Church in Twickenham – first public performance of Music School students

Dr Neelesh Pramod Korde from Goa, India gave a talk at the beginning of December on the role of sound in influencing the process of the formation of the human body

Christmas concert in December at St. James's Church in Hampton Hill. Music School students' choir and the parents' choir performed to a full house

In 2013, OKMT gave 1833 individual and 334 group sessions, which included 213 clients at the OKMT Studio and the following Care Homes and Outreach Centres:

UNITED RESPONSE – www.unitedresponse.org.uk

LONDON CARE PARTNERSHIP LTD - www.lpcare.com

CONSENSUS - CARING HOMES GROUP – www.caringhomes.org

STANMORE, part of Harrow Project.

ARRCC & RYE COMMUNITY PRIMARY SCHOOL – www.arcc.org.uk

PIELD HEATH RC SCHOOL – www.pieldheathschool.org.uk

JACK TIZARD SCHOOL – www.itschool.squarespace.com

We'd like to thank our sponsors in 2013:

BBC Children in Need (Music Club project)
The Rotary Clubs of Twickenham and Kew Gardens
Help a Capital Child
St James Place Foundation (Music School for Special Needs)
Hampton Fuel Allotment Charity (Music School for Special Needs)
The Stephen Clark Charitable Trust (Music School for Special Needs)
The Mercers Company (Music School for Special Needs)
The Prince Charles Foundation
The Waterloo Foundation
The Grey Court Trust
The Hospital Saturday Fund

Governance

Otakar Kraus Music Trust is a registered charity governed by a constitution and managed by a Board of Trustees. The Trustees have developed services for the public benefit as per the guidance of the Charity Commission.

The Trustees serving during 2013 were:

John Grosse (Chairman)
Walter Lobo (Treasurer)
Margaret Lobo (Director)
Salim Laher
Edward Boamah
Ron Miao
Claire Robertson
Susan Hamilton

The Music Therapy Trust (India) Annual Report 2012/13 for OKMT

The Music Therapy Trust is a registered Indian charity set up in 2005 by Dr. Margaret Lobo. The Trust set up a centre of excellence in New Delhi where we run a **Postgraduate Diploma Course in Music Therapy** training Indian and Nepalese musicians. After qualification, the graduates receive financial help and support to establish community-based music therapy projects in hospitals, health centres, schools and orphanages with clients who have physical and mental challenges as well as patients with cancer and other life-threatening illnesses. Since our inception we have helped over **5,000** disadvantaged children and adults through music therapy.

Aims and Achievements:

One of our main achievements is to provide skills training, employment and career development for local Indian musicians giving them an internationally recognised qualification enabling them to support themselves and their families. For students from areas of poverty and trauma too poor to pay for our one year postgraduate diploma in clinical music therapy course, we provide scholarships. Once qualified, these therapists are provided with financial and moral support to help them establish community-based music therapy projects in both urban and rural areas, working at hospitals, health centres, schools and orphanages, to benefit over 5,000 people. Our graduates receive ongoing professional development and are also trained to support community rehabilitation programmes and work with people facing trauma or those living in challenging and precarious conditions. **We are the first and only organisation in India to offer this educational training and support.** This is a long-term, sustainable project which aims to establish music therapy as a fully-recognised clinical profession in India.

Future Plans:

We aspire to provide music therapy to people all over India by opening more music therapy centres and establishing partnerships with other organizations to reach out especially to those in challenging situations – those with learning, physical, and emotional difficulties and those who are socially and economically marginalized.

An upcoming plan for TMTT is to expand our clinics both in Delhi and Gurgaon to provide **blended therapies** under one roof. These will include speech therapy, art therapy, play therapy, drama and dance therapy, which will allow clients to easily access different therapies as recommended by their physicians. We have drawn up a blueprint modeled on such clinics both in India and abroad. This will expand gradually as it involves huge financial and logistic challenges. The momentum of the initial clinic will also be a deciding factor on the expansion and search to involve other interested funders. Such a clinic will cater to a large population while maintaining global standards.

Our future plans include and are not limited to:-

- Supporting individuals irrespective of age, disabilities, impairment, health or capacity to live independently in the community and reach their full potential.
- Enabling individuals to get their voice heard, to understand their rights and to access the services they need.
- Enabling individuals to have their say about key issues that impact their lives.
- Opportunities for disabled and older people to engage in activities e.g. Music, singing together in a choir, Art, photography, drama, theatre workshops.

The Music Therapy Trust (India)

c/o Action For Autism

Sect 7 & 8 Jasola, New Delhi

Phone: 011 40501586

Email: musictherapy.tmtt@gmail.com

Website: www.themusictherapytrust

Registered Charity No E22876

TMTT India Music Therapy Projects 2012-13

Date	Program /services	Client /population	Location /organization	Beneficiaries
April 2012 to march 2013	Individual Music Therapy	Children & Adults with Autism, developmental delay, neurological issues	The Music Therapy Trust clinic, New Delhi	16 children and adults received therapy for 160 hours In year 2012-13
June 2012- July 2012	Individual Music Therapy	Adults with cancer	KidsCan support, New Delhi	6 clients received therapy for 48 hours in 2 months
Sept 2012 to march 2013	Group Music Therapy (Drum circles)	Working professionals, college students,	The Music Therapy Trust clinic, New Delhi	275 people participated in group music therapy in 7 months
Dec 2012- Jan 2013	Group/ individual Music Therapy	Underprivileged and orphaned children	Jamghat , New Delhi	35 children received 44 hours of group therapy in 10 weeks
Jan 2013 March 2013	Group/ individual Music Therapy	Adults with learning disability	Muskaan charitable trust , New Delhi	5 children with learning disabilities received 12.5 hours of therapy in 10 weeks
January 2013	Music Therapy Workshop for Parent's – 'Tune in to Music'	Parents of special children	The Music Therapy Trust clinic	10 parents participated
June 2012	Introduction to music therapy workshop	Medical professionals, medical students, therapists, researchers	Apollo Hospital, Kolkata,	55 medical professionals and students
Feb. 2013	Teachers' training program	Special educators at Mahadev Trust	Sri Mahadev Trust, Surat,	15 special educators
March 2013	Introduction to music therapy workshop	Staff special educators, therapists, parents	Muskaan , New Delhi ,	35 special educators and therapist
March 2013	Music Therapy workshop	children and adults with learning disabilities, parents, professionals	Pallvanjali, Gurgoan,	70 children, adults, parent and professionals

The Music Therapy Trust Nepal (TMTTN) Annual Report 2012.2013 for OKMT

TMTTN is the first institution to offer *Clinical Music Therapy* in Nepal. Established as a non-profit making organization in 2010, TMTTN, (under the umbrella of the Otakar Kraus Music Trust, UK), presently offers clinical services to diverse centres and organizations in the wider Kathmandu area. Clinical Music Therapists work with both children and adults who have physical and/or developmental delays and disabilities or mental health problems.

TMTTN also liaises with the media and runs workshops for parents, special educators, and professional organizations, thereby promoting the use of music as a therapeutic tool, and raising awareness about special needs & mental health. The therapists receive professional supervision from a Music Therapist from the UK and on-going development and guidance from The Music Therapy Trust (India) on a regular basis.

Workplace Descriptions

Therapists are placed in a variety of settings:

- ☐ NGOs
- ☐ Hospitals
- ☐ Community organizations
- ☐ Institutions working with a population which can benefit from music therapy

Achievements

International Folk Music Film Festival

A documentary film was made on the music therapy work introduced by TMTTN and shown at the International Folk Music Film Festival in Kathmandu on 23th November 2012. Through the demonstration, awareness about music therapy has been raised. After the movie a short talk about music therapy in Nepal was given. The documentary can be found on <http://vimeo.com/40400311>

Conference about child rights in cooperation with CWISH

In this conference on 23rd of March 2013, several stakeholders (schools, orphanages and organisations for child rights) came together to discuss child rights in Nepal. TMTTN participated with the purpose of achieving more contacts to set up workshops and to start its awareness raising program throughout the districts of Nepal. Resulting from these contacts, TMTTN was invited to the New Year's Reception of the Nepal Psychologist Association and an initial workshop has been conducted for the Nepali Psychotherapy Institute (see further).

New Year's Reception Nepal Psychologist Association

On the Nepal New Year's Eve (13th of April 2013), TMTTN was invited to give a presentation about their work and future plans. 'Going into more remote districts' was one of the topics and cooperation with Nepal Psychologist Association is thus intended. They were very enthusiast to work together with TMTTN in the future and to help spreading music therapy throughout Nepal.

West Kathmandu Rotary Club

On 26th January 2014, the TMTTN founder, Dr Margaret Lobo, and India Postgraduate Diploma in clinical music therapy course tutor from the UK, Ruth Oreschnick, and TMTTN qualified music therapists, Kedar Gandhari, Kendra Gandharba and Amrit Gandhari met with the West Kathmandu Rotary Club to discuss collaboration and fundraising opportunities to help build on the excellent work of the trust.

FUTURE PLANS:

Evaluation awareness raising project –Further to Salim Laher's meeting with the West Kathmandu Rotary Club in 2012 and with the Nepal music therapy team including Trustee Raj Kumar and subsequent to Margaret Lobo's presentation to the Rotary Club of West Kathmandu, a fundraising event was held at the Fulwell golf club on 2nd of June 2014. A joint enterprise proposal has been jointly coordinated by OKMT & Salim Laher with the Rotary Clubs of Kew and Twickenham, West Kathmandu, Nepal and Rotary International to raise funds for the following Well Care Centre in Nepal.

The awareness raising project, intended for three years has two main goals:

1. Demonstrate to those who work with the target groups how music can be used in a therapeutic way through the means of giving initial workshops followed by music therapy programs established to meet the need of each organisation concerned.
2. Awareness developing on special needs and mental health through the means of giving workshops and concerts, participating in fundraising events such as walkathons and emerging with other NGO's and institutions.

Apart from serving the community through its clinical work; organizing workshops and music therapy programs, it would be very opportune for the Trust to have its own premise in Kathmandu where it can set up a **Well Care Centre** to encompass all areas of art, health and education. Three outstanding Nepalese musicians were given scholarships to train at The Music Therapy Trust Post graduate Diploma course In Delhi and all are working full time to try to fill the need for this new work in Nepal. It is very difficult to send students to India as more scholarship funding is needed. Already two musicians are hoping to find support to start the PGD course in January 2015 and funding is paramount in order for them to be able to study and work in Delhi for one year, returning to Nepal once qualified to work with the team at TMTTN and continue to build on a standard of excellent service to the people of Nepal.

Final Conclusions

The constructing of workshops, music therapy programs and other awareness raising activities of TMTTN has resulted in a stable, secure foundation and standard of excellence for music therapy in Kathmandu and the wider environment. Our present three certified Nepalese music therapists and one Nepalese Administrator are continuing the activities with limited financial and people resources. Their salaries are partly provided by the organizations which are receiving music therapy, and partly by the Otakar Kraus Music Trust from the UK. Only with the help of funding from local organizations as well as from abroad can TMTTN become self-governing, thus enabling music therapy to continue to advance and meet the great need of the community.

A lot of work has already been done with hundreds of people (clients and professionals) reached and informed about music therapy. A lot of organizations are receiving music therapy, but it is necessary that on-going funding for the salaries of the therapists be provided. Some organizations have expressed a strong wish to receive further services, but due to the shortage of available funding and despite TMTTN keeping their costs low, the services have had to be put on hold or stopped until funding can be found. As the Trust is self-funding and receives no governmental support, the need for funding has to be explored at the outset when setting up new initiatives

As the Trust is concerned of the great need for this work in more remote areas of Nepal, its intention is to explore partnership development which can be used optimally to go further into these areas. This will be done over the next three years one funding is secured, starting from 2015 onwards.

THE MUSIC THERAPY TRUST NEPAL

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Phone: +977 9808 606 441
Web: themusictherapytrust.com
Charity Registration No 684

OTAKAR KRAUS MUSIC TRUST

Registered Charity 1009797

FINANCIAL STATEMENTS

FOR THE YEAR TO 31ST.DECEMBER 2013

OTAKAR KRAUS MUSIC TRUST
Accounts at 31st.Decembe 2013

Income Received

	2013			2012		
	General		Total	General		Total
	Purpose	Restricted		Purpose	Restricted	
Donations	15604		15604	8950		8950
Fundraising	1611		1611	2050		2050
Gift Aid	1566		1566			0
India Project	16152		16152	7103	6100	13203
Fees - Therapy	92232		92232	107329	32360	139689
Other Income	2750		2750		16600	16600
Interest Received	221		221	168		168
Grants		23105	23105			
	<u>130136</u>	<u>23105</u>	<u>153241</u>	<u>125600</u>	<u>55060</u>	<u>180660</u>

Expenses

Administration	27872		27872	30328		30328
Therapist Fees	79708	39964	119672	89200	32586	121786
Fundraising	5481		5481	0	3240	3240
Equipment	1730		1730	155		155
Office Expenses	2302		2302	3379		3379
Advertising	4169		4169	1350		1350
Rent & Maintenance	3186		3186	6457		6457
			0			
	<u>124448</u>	<u>39964</u>	<u>164412</u>	<u>130869</u>	<u>35826</u>	<u>166695</u>

Surplus (deficit) for Year	5688	-16859	-11171	-5269	19234	13965
Balance at 1st.January 2013	50161	51260	101421	55430	32026	87456
Accumulated Funds	<u>55849</u>	<u>34401</u>	<u>90250</u>	<u>50161</u>	<u>51260</u>	<u>101421</u>

Balance Sheet

Current Assets

Cash & Bank	79567	94862
Debtors	16189	13327
Accruals	-5506	-6768
Net Assets	<u>90250</u>	<u>101421</u>

Represented By

Restricted Funds	32400	51260
Other	57850	50161
Accumulated Funds	<u>90250</u>	<u>101421</u>

Approved by the Board of Trustees on:

Walter Lobo
Treasurer



Date 21st.September 2014

John Grosse
Chairman



Notes to the financial statements for the year to 31st December 2013

1 ACCOUNTING POLICIES

The Financial Statements are prepared under the historical cost convention. Income Tax recoverable is accounted for on the same basis as the income to which it relates.

2 ADMINISTRATIVE COSTS

	<u>2013</u>	<u>2012</u>
Advertising	1,419	1,350
Postage and Sundry	2,302	3,379
Equipment	1,730	155
Administration	<u>27,872</u>	<u>30,328</u>
<u>TOTAL</u>	<u>33,323</u>	<u>35,212</u>

India Project:

Balance B/fwd. 2012	6,107
Funds Received 2013	0
Funds spent on fees	<u>6,107</u>
Funds C/fwd to 2014	<u>0</u>

U.K. Projects:

Balance B/fwd. 2012	45,153
Funds Received 2013	23,104
Funds spent on Fees	<u>33,857</u>
Funds C/fwd. to 2014	<u>34,400</u>

GRANTS RECEIVED

HACC	3,675
Hampton Fuel Allotment Charity	10,000
BBC Children in Need	4,430
Mercer's	<u>5,000</u>
<u>TOTAL</u>	<u>23,105</u>

Independent Examiner's Report for the Year Ended 31st December 2013.

Under section 43 of the Charities Act 1993 and in accordance with any directions given by the Commissioners under subsection (7) (b) of that section which are applicable:

I have carried out the procedure specified and confirm that none of the matters listed as requiring to be reported on if they apply need to be reported on in this instance. I also confirm that no matters have come to my attention in connection with the examination, which gives me reasonable cause to believe that in any material respect:

- i. Accounting records have not been kept in respect of the charity in accordance with S.41 of the 1993 act; or
- ii. The accounts do not accord with these records; or
- iii. The statement of accounts does not comply with the requirements specified in paragraph 1 of Part III of Sch. 1 to the Regulations to the 1993 Act.

T.H. Graves FCA *T.H. Graves* Independent Examiner to **OKMT** 22/09/2014