



OTAKAR KRAUS MUSIC TRUST

ANNUAL REPORT 2015



Otakar Kraus Music Trust
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Registered Charity No 1009797

Mission Statement: To ensure that every child and adult has access to affordable music therapy in the Community, helping to improve their wellbeing and quality of life through creative and participatory music making.

Report of the Trustees for the year ending 2015

Overview & Chairman's Report

In line with our Trust's mission statement and our focus on meeting the targets as set in our Business Plan, I am pleased to report that it has been a very busy and successful year. The Trust has prospered, developed and grown. Our sincere thanks for the support of the dedicated management team, the therapists, the admin staff, the volunteers and the funders. We are extremely grateful to our donors and supporters, without whose support we would not be able to develop and grow.

We are very fortunate to have a dedicated and effective management team which has helped to sustain the development and the growth of the Trust. The introduction of our very able General Manager, Clare Lawrence, has taken a tremendous load off our Director, Dr Margaret Lobo. Combined with the team's input in their special areas of expertise and headed by Dr Lobo and ably supported by Walter Lobo, the future of the Trust is in good hands. Our relative management costs are extremely low for the size of our organisation and this is mainly due to our work ethics and staff dedication. To sustain our growth, we would need to fund the increase in hours worked by some of the team.

It also gives me great pleasure to announce that we have a very good team of therapists, headed by our very able Music Director, Edison Carolino. They have worked very hard and developed excellent programmes to meet the needs of all the clients. The feedback from the parents and students has been excellent, which is very encouraging. As the activities report shows we provided **2929** individual and **634** group sessions in 2015. This required very careful planning, funding and hard work. The scope and span of the areas of activity is commendable. ***To see smiling and happy faces where there was once gloom and sadness makes our work worthwhile.*** It was also good to see Dr Lobo having time to actively work in the area she knows best. Her work with both the Go-Local Community Choir and Parents' Choir has benefited all concerned.

Through the Trust's various activities and events, like the Hands Fair, various Concerts, the Community Choir and the Golf Charity Day, we have managed to promote both the Trust and the benefits of Music Therapy. We were voted the best stand for entertainment at the Hands Fair and we attracted the attention of our new MP and the Mayor. This was mainly due to our drum circle performance and the friendly nature of our team. Our MP and new Mayor have since visited us and offered their support. We are highly regarded in the community for the work we do and the service we provide.

We still operate from the Studio at the back of Walter and Margaret Lobo's house, which has received a much needed facelift. The studio has provided tremendous service over the years and has reduced our overhead costs. However, in the long term we also need a dedicated centre where all the administration and Music School facilities are under one roof. This will require a great deal of funding as property prices and rentals are very high in this part of London. To continue to grow, provide good support and teaching facilities we urgently need larger premises. With a growing waiting list of clients for Music School and in light of the local government cut back on spending, this needs to be addressed. This is a challenge for the year to come.

The outlook for the year ahead looks very promising and challenging. I am pleased to say that we have a team to meet these challenges without compromising the terms of our Missions Statement.

On behalf of the trustees we would like to thank the Management, the therapists, the staff and the volunteers, and last but not least the donors and the supporters of the Trust for making all this possible.

Salim Laher, Chairman



Otakar Kraus Music Trust's Activities in 2015

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 and emotional difficulties, in order to improve their wellbeing and quality of life through creative and participatory music making, enabling them to reach their potential.

The Otakar Kraus Music Trust is an independent, registered charity (No: 1009797) working from a purpose built music therapy studio in Twickenham, South West London or at outreach projects in the surrounding areas and Home Counties. All 7 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 (Health Care Professional Council). Otakar Kraus operates a published Health and Safety policy and a Child and Vulnerable Adult Safeguarding policy.

Innovative programmes are provided in schools and community groups with children with additional needs. A Music School has been created for children and young people with additional needs to develop their musical talent. Therapy sessions are provided for adults and the elderly in residential care homes. Art therapy and other specific workshops are also offered. Besides a children's choir, there is also a choir for parents of children with additional needs and a community choir in collaboration with RUILS.

The Trust provides bursaries for its clients who cannot afford its services. It relies on organisations which provide charitable funding and donations because no state funding is received. Self-funding events are held throughout the year.

Projects

OK Youth Group Grows:

Thanks to funding from Hounslow Community Grant, a new OK Youth Group began in Isleworth in collaboration with the West London Mental Health & Early Intervention in Psychosis team. And later in the year, a grant from John Lyon's Charity enabled another group start up in the Ealing area. The young people from all the OK Youth Groups have already made a DVD and performed with the Music School at the Christmas Concerts.

Music Club:

With the support of BBC Children in Need, Music Club continues to be a big success, giving opportunities for children with special needs and their siblings to take part in fun sessions using percussion instruments, keyboard and multi-sensory equipment to enable them to explore their imagination in a musical context, and encourage their creativity, concentration and communication skills. Over 100 children have taken part in Music Club during 2015 and feedback has been excellent.

Music School:

Music School provides an opportunity for children and young people aged 5-25 with additional needs to receive focused teaching, to enable them to develop their innate musical talent by learning to sing, play instruments and performing in public, with some studying for music exams. Pupils also gain self-esteem, confidence, communication skills, make friends and experience the joy of group performance and feeling part of the community. One student passed his Grade 5 Flute and Grade 2 Saxophone with merit, 6 others are preparing for music exams.

In May, some of the Music School pupils performed with the Richmond Philharmonic Orchestra at St. James's Church in Hampton. Historic Royal Palaces and English Touring Opera asked for some of the Music School students to join in a Sing500 performance in celebration of Hampton Court's 500 year celebrations and the performance called Under the Hammerbeam Roof was held in the wonderful Grand Hall of the Palace in November.

Global's Make Some Noise, the official in-house charity of Global, the media and entertainment group, came to visit us in October as Music School has been nominated as one of their funding projects for 2016-17.

Events in the Year (to raise funds and awareness)

- Hands Charity Fair in May on Twickenham Green – an OKMT stall was manned by staff and volunteers. The Mayor nominated our stall as the most entertaining!
- The Rotary Club of Kew and Twickenham held a charity event at Fulwell Golf Club in June. Funds raised for our sister charity in Nepal after the devastating earthquake.
- Thanks to a grant from Richmond Parish Lands, the studio and grounds took on a whole new look. Work continued throughout the summer months.
- Mencap Disability Event in June held at the The Langdon Down Centre in Teddington – Music school students performed.
- Charity Lunch held at the Annapurna restaurant in Whitton, arranged by our Trustee, John Grosse – the Mayor and consort attended. Funds raised for our sister charity in Nepal.
- Summer Party in July held at United Reformed Church in Twickenham – a thank you to all our supporters and clients. Performance from some of the Music School students, Community and Parents' Choirs.
- A Christmas Market was held in November at the United Reformed Church in Twickenham to raise funds for bursaries.
- Christmas concert in December held at St. James's Church in Hampton Hill. The Music School pupils and choir, the Youth Group and the Parents' Choir performed to a full house!



In 2015, OKMT gave **2929** individual and **634** group sessions, which included **234** clients at the OKMT Studio and the following Care Homes and Outreach Centres:

UNITED RESPONSE – www.unitedresponse.org.uk

LONDON CARE PARTNERSHIP LTD - www.lcpcare.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 – www.jtschool.squarespace.com

We would like to thank our sponsors and funders in 2015:

BBC Children in Need (Music Club project)

The Rotary Clubs of Twickenham and Kew Gardens

Richmond Parish Lands (Studio and grounds refurbishment & OK Music Therapy)

City Bridge Trust (Music School for Additional Needs)

Hampton Fuel Allotment Charity (Music School for Additional Needs)

St James Place Foundation (Music School for Additional Needs)

The Stephen Clark Charitable Trust (Music School for Additional Needs)

The Radcliffe Trust (Music School for Additional Needs)

Hounslow Community Grant (OK Youth Music Group)

John Lyon's Charity (OK Youth Music Group, Ealing)

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 2015 were:

Salim Laher (Chair)

Walter Lobo (Treasurer)

Margaret Lobo (Director)

John Grosse

Edward Boamah

Ron Miao

Claire Robertson

Susan Hamilton

Jill Clark

International:

OKMT has 2 sister charities in India and Nepal, set up by Dr Margaret Lobo, to introduce clinical music therapy to these countries. Their reports for 2015 follow:

THE MUSIC THERAPY TRUST (INDIA) ANNUAL REPORT 2015

Registered charity No_E22876_

Website: www.themusictherapytrust.com

PROJECT: THE COMMUNITY MUSIC THERAPY PROGRAM:

TMTT's music therapy sessions are held at their Centre in Delhi. Their outreach work and Community Programs are addressing the need for Clinical Music Therapy in India. Drum Circles are held at the Centre for teachers, collage students, working professionals & parents who benefit from this participative, creative process. Outreach work continues to take place at:

- **Muskaan, New Delhi:** Providing music therapy sessions for adults who are intellectually challenged
- **CanKids:** TMTT provided music therapy for children receiving treatment or palliative care for cancer. This helps children to relax, cope with symptoms like pain, anxiety, depression and fatigue and helps them to sleep. It helps to create moments of joy and hope
- **Delhi Society for the Welfare of Special Children (DSWSC):** An organisation dedicated to the care and training of children with learning disabilities. Somesh Purey, senior therapist, conducted a workshop 'An Introduction to Music Therapy' to 40 special educators and staff members.
- **The Flowering Tree, Gurgaon;** Providing music therapy for pre-school children with additional needs.
- **Pallavanjali Art for All Festival:** TMTT contributed to this festival to provide an opportunity for creative and joyful expression for everyone, whether they have a mental health problem or disability.

RESEARCH PROJECT in Partnership with Vimhans

Since January 2014 TMTT has forged a new collaboration with Vimhans (Vidyasagar Institute of Mental Health and Neuro-Sciences), providing clinical music therapy for a number of patients. Vimhans awarded TMTT a two-year grant provided by the Adarsh Manav Seva Samiti Society to expand their work. This award will be used to establish a preliminary research project, investigating the efficacy of music therapy across 3 main clinical fields: Child and Adolescent Mental Health, Adult Psychiatry, and Neuro-rehabilitation. Individual referrals for music therapy are demonstrating positive experiences for participants and demand is growing to also expand into Vimhans' Autism Early Intervention Program and Vimhans' outreach Aged Care Bhiwadi Program.

Malaysia: Therapist Somesh Purey was invited to Malaysia by the Vijay Ratna Foundation in to conduct Music Therapy workshops for 130 teachers, special educators and medical professionals.

Art for Autism Camp: A TMTT therapist attended this event in Coimbatore, organised by the Amaze Trust in partnership with VELVI Foundation. About 90 autistic children and their parents participated and experienced the therapeutic benefits of music.

CURRENT STATUS:

The Music Therapy Trust is self-funding, supported through gifts, donations, fees and through fund raising efforts. The 5th group of Post Graduate Diploma in Clinical Music Therapy students completed their training in November 2015 and are now using their music therapy skills and knowledge working in a variety of settings.

THE MUSIC THERAPY TRUST NEPAL ANNUAL REPORT 2015

Registered Charity 684

Website: www.tmttnepal.com

PROJECT: MUSIC THERAPY FOR PEOPLE WITH SPECIAL NEEDS:

Four Nepalese music therapists have qualified at The Music Therapy Trust (India) Academy in New Delhi. Mr. Kedar Gandhari, Mr. Kendra Gandharba, Mr. Amrit Gandhari, Miss Shreeti Pradhan work for TMTTN alongside qualified and volunteer therapists from Belgium, Holland, UK and the USA. In 2015 Kendra Gandharba emigrated to Australia and the other 3 therapists took on his workload.

The therapists have been providing individual and group music therapy sessions for hundreds of children with physical and learning disabilities, autism, mental illness, spinal injuries or visual impairment, abandoned children and orphans, and children receiving treatment for cancer or in hospital burns units. They also give lectures and workshops to parents, and educational and medical professionals to raise awareness and understanding of disability. They work with NGOs, hospitals, community organisations, schools and other institutions working in the field of physical and mental health as well as with the aged. They have provided individual and group music therapy session for children and adults at:

- **Autism Care Nepal** helping children with autism aged 8-15 and providing workshops for parents
- **SOS Children's Village:** working with people with disabilities aged 10-40
- **Voice of Children:** supporting street children and vulnerable families;
- **Mental Illness Centre, Joparti**
- **Kanti Children's Hospital:** supporting children on cancer and burns wards
- **Navajyoti:** working with children with with autism, ADHD, physical and mental disabilities.
- **Spinal Injury Rehabilitation Centre:** working with quadriplegic or paraplegic patients
- **Disabled New Life Center (DNC):** Centre for children with physical disabilities, and those from situations of severe poverty
- **Om Shanti Sewa:** supporting children with Autism, Cerebral Palsy or ADHD aged between 8-25.

CURRENT SITUATION: Following the 2 major earthquakes in Nepal, the therapists and administrator are struggling to protect their families to carry on their vital work – now needed more than ever. The Trust wants to ensure that everything that it has achieved over the last 5 years can be of benefit to the people. The goal is to aid in the rehabilitation of children and adults whose mental health has been disrupted by trauma, dislocation, sickness, injury, grief and loss. The therapists provided music therapy under canvas for 80 children who have been camping out for weeks and have helped earthquake victims in remote villages which were nearly destroyed, such as Gorkha and its periphery areas. One therapist attended a Workshop for *Artists' Relief Activities* held to raise awareness on how to help Earthquake victims, as well as a workshop on Psychological First Aid provided by Autism Care Nepal

The Music Therapy Trust Nepal is self-funded, supported through gifts, donations, fund raising efforts and by charging fees to some NGOs for music therapy sessions. Further resources are being sought to further extend care and music therapy services to other areas of Nepal and reach people affected by trauma, poverty, health and social issues.

ADDITIONAL INFORMATION:

A Global Grant application to The Rotary Foundation International in coordination with The Rotary Club Kew Gardens and West Kathmandu, was authorised, to train 42 special educators, working with 10 partner NGOs, in the principles of using modified music therapy, to enable them to lead therapeutic music sessions for over 2,000 children with disabilities or mental trauma.

OTAKAR KRAUS MUSIC TRUST

Registered Charity 1009797

FINANCIAL STATEMENTS

FOR THE YEAR TO 31ST DECEMBER 2015

OTAKAR KRAUS MUSIC TRUST
Accounts at 31st December 2015

Income Received

	<u>2015</u>			<u>2014</u>		
	<u>General</u>		<u>Total</u>	<u>General</u>		<u>Total</u>
	<u>Purpose</u>	<u>Restricted</u>		<u>Purpose</u>	<u>Restricted</u>	
Donations	16468		16468	5366		5366
Fundraising	1430		1430	1715		1715
Gift Aid	2415		2415	5784		5784
India Project	22338		22338	12881		12881
Fees - Therapy	91533		91533	88715		88715
Other Income	8000		8000	13300		13300
Interest Received	169		169	137		137
Grants		61638	61638		36324	36324
	<u>142353</u>	<u>61638</u>	<u>203991</u>	<u>127898</u>	<u>36324</u>	<u>164222</u>

Expenses

Administration	43515		43515	35739		35739
Therapist Fees	80748	46577	127325	94538	30996	125534
Fundraising	3061		3061	6381		6381
Equipment	1103		1103	1823	7610	9433
Office Expenses	1149		1149	324		324
Advertising	597		597	684		684
Rent & Maintenance	2460	16328	18788	1636	1260	2896
	<u>132633</u>	<u>62905</u>	<u>195538</u>	<u>141125</u>	<u>39866</u>	<u>180991</u>

Surplus (deficit) for the period	9720	-1267	8453	-13227	-3542	-16769
Balance at 1st.January 2014	42622	30859	73481	55849	34401	90250
Accumulated Funds	<u>52342</u>	<u>29592</u>	<u>81934</u>	<u>42622</u>	<u>30859</u>	<u>73481</u>

Balance Sheet

Current Assets

Cash & Bank	109703	66268
Debtors	12043	13962
Liabilities	-39812	-6749
Net Assets	<u>81934</u>	<u>73481</u>

Represented By

Restricted Funds	29592	30858
Other	52342	42623
Accumulated Funds	<u>81934</u>	<u>73481</u>

Approved by the Board of Trustees on:

Walter Lobo
Honorary Treasurer

Walter Lobo

Date 29.06.16

M.S.Laher
Chairperson

M.S.Laher

Notes to the financial statements for the period to 31st.December 2015

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.

	<u>£</u>	<u>£</u>
2 ADMINISTRATIVE COSTS	2015	2014
Wages	33994	30419
Utilities	1891	628
Insurance	1043	805
Accountancy	3115	2794
Travel and Workshops	3313	1,026
Miscellaneous	159	67
	<u>43515</u>	<u>35739</u>

<u>GRANTS RECEIVED</u>	<u>£</u>
BBC Children in Need	9,398
Hampton Fuel Allotment	10,500
City of London	8,850
St James Place	10,000
Richmond Parish Lands	12,800
Ldn.Brgh.Hounslow	5,590
Radcliffe Trust	4,500
<u>TOTAL</u>	<u>61,638</u>

The studio in the grounds of 3 Twining Avenue were refurbished with a grant of £12,800 (included in £61,638) and necessary repairs were also carried out, included in Maintenance charges.

Independent Examiner's Report for the period ended 31st.December 2015

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  Independent Examiner to OKMT

29/6/16