

30TH ANNIVERSARY



THE OTAKAR KRAUS MUSIC TRUST

Registered Charity No 1178401

ANNUAL REPORT 2020



REPORT OF THE TRUSTEES FOR 2020

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 for 2020. As you all know 2020 was not without its challenges, but as always, we are ever grateful for all the kind support we receive through our funders, supporters, trustees, staff, therapists and clients.

The year started well, with OKMT being one of the chosen charities of Councillor Nancy Baldwin, Mayor of Richmond 2019-20. We were fortunate to be supported by the Richmond Irish Society at their annual St Patrick's Day dinner, which turned out to be the last public event held before the pandemic forced us all into lockdown. Without missing a note, our staff acted immediately and with great skill and speed were able to transfer our sessions from real life to virtual zoom sessions, thanks to the abilities of our music therapists and the flexibility of our funders. We provided 1 - 1 OK Music School lessons and other services for children and young people, and online groups for adults whose support network had been removed or who were shielding, reducing their isolation and providing a vital way for them to express themselves. Some of our work with children and young people returned to face-to-face later in the year but our groups continued online. While our summer concert and winter Christmas concert were sorely missed, OK Music School pupils performed in our first online Christmas concert to the delight of the children and young people, their loved ones and their teachers/therapists.

Despite the success of being able to deliver virtual sessions during lockdown, the pandemic has also highlighted our need for a physical home, as not all our clients are able or willing to participate on a virtual basis. Most of our clients still want the meaningful physical connection of in person contact. We are ever grateful to Hanworth Methodist Church, United Reformed Church and Heatham House for providing us space to provide these connections. Finding a viable dedicated space for OKMT still remains a top priority for the Board.

Fortunately, we have been able to manage our financial situation throughout the pandemic, thanks in large part to our Director, Clare Lawrence and our Fundraising Manager, Valerie Roy, and the hard work of the whole team, so I am delighted to report that OKMT remains in good shape financially. We were able to raise £219,263 during the year to support our activities.

In 2020 OKMT delivered over 2,400 individual and group sessions for 342 people across the greater Richmond Borough. Not only were we able to deliver our traditional music sessions, we were also able to provide new and exciting projects such as Neurological music therapy with INS, online ukulele lessons in conjunction with the London Ukulele Project and an online music therapy group for clients of Richmond Borough Mind.

On behalf of the Trustees, we would like to thank all our supporters, donors, volunteers, staff and therapists for their support, hard work and enthusiasm in the most challenging of years and for all the positive energy which helped us make 2020 another successful and special year for all our clients.

FRIENDS OF OKMT

- **Lord & Lady Lee of Trafford**
Ambassadors for Friends of OKMT
- **Dr Margaret Lobo** Patron
- **Councillor Nancy Baldwin** Patron
- **Sir John Tomlinson** Patron
- **Jill Clark** ● **Paul Jarman**
- **Grenville Corke** ● **Ronald Miao**
- **Hilary Emmett** ● **Elizabeth Shalliker**
- **Remo Grasso** ● **Eva Peters**
- **John Grosse** ● **Valerie Roy**
- **James Halstead** ● **Cheryl Valland**
- **Kathryn Howells**

A special thanks to the Friends of OKMT who supported us throughout the year with their regular contributions to OKMT.

On a sadder note, in April of 2021, our fellow trustee John Castelberg passed away after a brief illness. He will be missed by friends, family, loved ones and all at 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. The Trust provides bursaries for its clients who cannot afford its services. It relies on organisations which provide charitable funding and donations from its supporters.

All seven music therapists of the Trust hold a Master's Degree in Music Therapy. They are also members of the BAMT (British Association for Music Therapy) and HCPC (Health Care Professions Council).

IMPACT OF OKMT IN 2020

2,470

music sessions

342

people helped

280

people reached online

We adapted our services to online during lockdown, helping children, young people, adults and elderly people with additional needs to communicate, gain confidence, bond with others and have improved mental well-being. **68** children and adults received 1-1 or small group music therapy online or at our premises, in schools, Centres or Care Homes. We also ran:

OK MUSIC SCHOOL

- 65** pupils attended
- 7** pupils passed music exams
- 100%** said it made them happy
- 100%** showed improved confidence
- 35** pupils took part in our online Christmas concert

"I feel happy and excited to attend my music lessons!"

NEW

NEUROLOGICAL MUSIC THERAPY

- 16** people with neurological conditions attended online
- 100%** said their isolation was reduced

"They helped me form bonds with others and express myself"

MUSIC CLUB

- 75** children accessed our Music Club videos

"Music therapy is the fastest way to connect with my child I have ever seen"

OK YOUTH CHOIRS

- 18** children & young people attended online
- 86%** said they had made friends

NEW

MENTAL HEALTH GROUP

- 8** people attend our online mental health group
- 100%** felt more able to cope

"I felt included and the therapist helped me process my feelings"

NEW

UKULELE LESSONS

- 40** children with disabilities had online ukulele lessons

"The lessons allowed my child to be part of a group and reduced his isolation"

DRUMMING GROUPS

- 58** children, young people and adults took part in online drumming groups

"I had fun playing the rhythm"

OK MUSIC HARMONY

- 16** elderly people took part in online groups

"They brought back memories and lifted my mood"

"Being together with other people was lovely"

Music Therapy

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualised goals within a therapeutic relationship. It is particularly effective for those who find it difficult to communicate verbally because it does not rely on an ability to speak in order to be accessible. In 2020 OKMT provided music therapy for individuals or groups online or at:


- Consensus Home
- Elysium Home
- United Response Home
- Octavius Horne Home
- Stanmore School
- Pield Heath School
- The Russell School
- Triangle Centre, Hounslow
- Roy Kinnear House

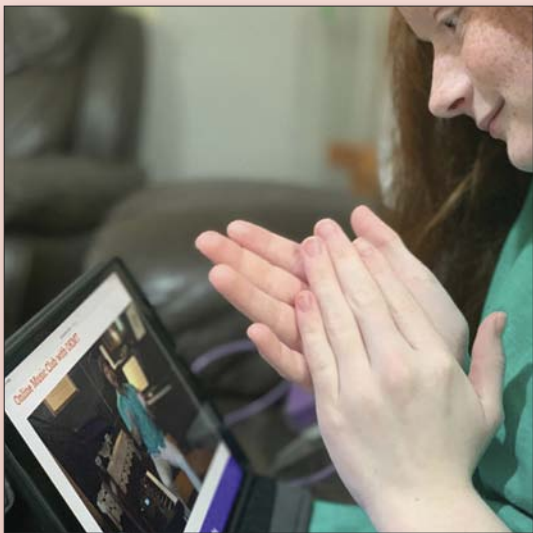
Music therapy helps to improve:

Confidence, speech & communication skills, emotional well-being, social skills, cognitive skills, and motor skills.

OK Music Club

“The online sessions were perfectly paced for my daughter to gain musical skills along with a therapeutic aspect”





During lockdown our Music Director produced weekly pre-recorded participatory videos for children with disabilities and their siblings for our Music Club, funded by BBC Children in Need and run in collaboration with Skylarks Charity. The videos involved clapping in rhythm, playing instruments or pans with hands or wooden spoons and helped with co-ordination, following instructions, counting and creativity. Most importantly it provided a fun activity suited to their needs.

Philip Wells Interactive Poetry Sessions

12 weekly sessions were held online throughout the year for children and young people with disabilities helping them share a fun and creative activity with others.

Online Ukulele Lessons


Thanks to funding from a BBC Children in Need Booster Grant, we were able to provide ukuleles and online ukulele lessons for 40 children and young people with disabilities and their siblings, taught by Tara Maysey of the London Ukulele Project. The children loved the sessions which gave a positive, creative activity and allowed them to make friends during Covid-19 restrictions.



OK Music School

Our therapists adapted to provide online OK Music School lessons for 45 children and young people with disabilities, which proved a vital lifeline during the isolation and anxiety of lockdown, improving confidence and mental well-being. Face to face lessons, with strict hygiene measures, returned in September and in total 65 pupils benefited from OK Music School. Despite all the difficulties, we are delighted that seven pupils passed Royal School of Music exams in November 2020. We are very grateful to our funders who allowed us to use their funds flexibly - Hampton Fund, Richmond Parish Lands Charity, ArtSocial Foundation, City Bridge Trust, the Axis Foundation, DWF Foundation, St James's Place Foundation and the Tommy Hollis Children's Fund.

“My child forgot about isolation during his lessons. We could see the happiness on his face after each session”





Online Christmas Concert

In December 2020, we held our first online Christmas concert, with 35 OK Music School pupils filmed during their lessons and sharing with pride what they had been learning. We broadcast the concert on YouTube.



OK Youth Choir

The OK Youth Choir for children and young people with additional needs and their siblings met online in two age groups from April 2020 thanks to our funder, The D'Oyly Carte Charitable Trust. The children and young people loved being able to express themselves through music and socialise with their peers during an isolating time.



Drumming Workshops

Online drumming workshops took place over summer for children and young people as part of Music Club, and monthly for adults with learning disabilities in residential homes, with the Activity Station in Barnes.

OK Music Harmony for Elderly People

We ran two weekly online groups for elderly clients of Homelink Day Care Respite Centre, helping to reduce isolation by providing a positive social activity and enabling them to 'be with others'. The music evoked memories, allowing clients to share their own experiences and lifting their moods.

“They helped me remember things from my past and gave me something to look forward to”



Neurological Music Therapy Group

In January 2020, we started our new group for people with neurological conditions such as stroke or MS, funded by the Postcode Community Trust and in partnership with Integrated Neurological Services in Twickenham.

From April this group also moved online and helped clients to improve their breathing and lung function and to share their feelings through music, song writing, and forming bonds with others.



Online Mental Health Group

With funding from Richmond Council Covid Emergency Fund, we launched an online group for clients of Richmond Borough Mind. 100% of clients reported the groups had helped them manage their mental health during the pandemic. We aim to continue with more groups with RBM in 2021 to meet the growing need.

“It's been a great way to express my feelings and balance out some of the tough times with music therapy”



Fundraising Events during 2020

In early 2020 the last events of our year as one of the Mayor of LBRuT's charities took place - our delicious Valentine's Afternoon Tea in February and the St Patrick's Day Dinner and Dance organised by Seamus Joyce and Mary Murray of the Richmond Irish Network at Royal mid-Surrey Golf Club, where some of our OK Music School pupils performed. Many thanks to former Mayor, Cllr Nancy Baldwin and former Deputy Mayor, Cllr James Chard for their wonderful efforts throughout their year in office, which raised over £18,000 for OKMT.





THE OTAKAR KRAUS MUSIC TRUST

OKMT Summary Financial Review 2020

The full 2020 Independently Examined Accounts for OKMT are filed with the Charity Commission and are on display via our website. The comparative annualised summary for 2019 is based on extractions from four months of the closing Trust period and eight months of the initial CIO period. In our first full year as a CIO, OKMT has faced up to the many challenges thrust upon us by the global Covid-19 pandemic, with our financial aim being to maximise as much support as possible to our clients while striving to contain costs and overheads to breakeven levels. Contributions from clients towards sessions were down overall 33% but additional support from key funders raised our grant income by over 10% to help compensate. Coupled with a consequent 6% saving in therapists' time, whilst managing fundraising, charitable activities and core support to budget levels, we thankfully achieved a successful outcome. Our overall expenditure shows 92.7% of our costs spent on direct and attributable support of our Charitable aims with just 7.3% spent on Fundraising activity.

Future Plans

Looking ahead into Financial Year 2021, OKMT's free Reserves currently cover just over four and a half months of our planned operations. The strategic plan for 2021 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 increased to £20K a Designated Fund to support this key purpose. However we are conscious that with the continuing Covid-19 climate and phased general economic recovery, OKMT will need to work really hard to achieve future success and our strategic aims. As a key part of this, we need to target and raise more core support funding to help expand our future activities.

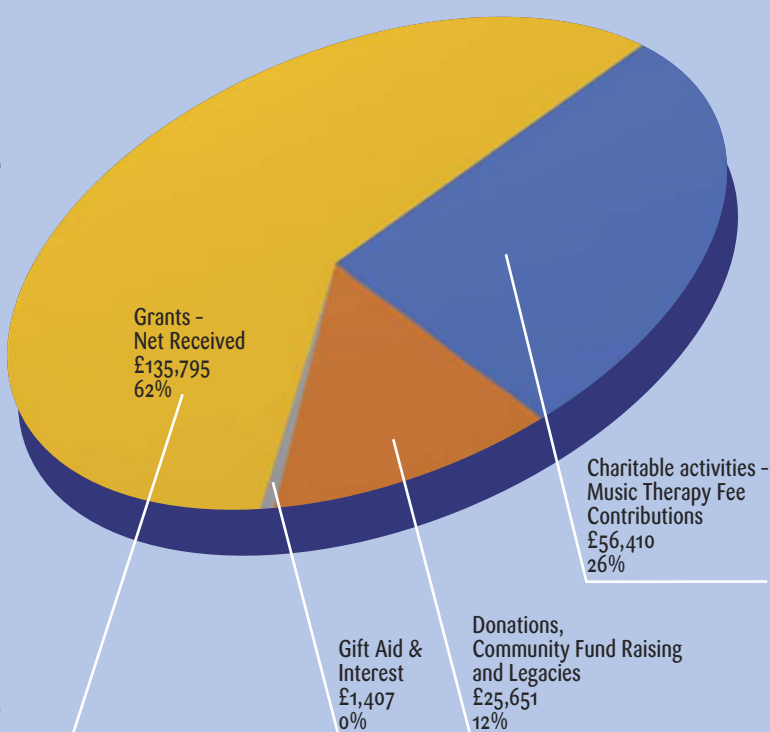
| OKMT | Statement of Financial Activities - 2020 | | | |
|--|--|-------------------------|----------------------------|-----------------------------|
| Incoming resources | Unrestricted funds | Restricted income funds | Full Year Total funds 2020 | Annualised Total funds 2019 |
| Income - How OKMT raises funds | £ | £ | £ | £ |
| Donations, Community Fundraising and Legacies | 25,651 | - | 25,651 | 25,033 |
| Gift Aid | 1,231 | - | 1,231 | 942 |
| Grants - Net Received | 4,400 | 131,395 | 135,795 | 123,185 |
| Charitable Activities - Music Therapy Fee Contributions | 56,410 | - | 56,410 | 84,221 |
| Investments | 176 | - | 176 | 254 |
| Total Income | 87,868 | 131,395 | 219,263 | 233,635 |
| Resources expended | | | | |
| Expenditure - How OKMT spends funds raised | | | | |
| Fundraising | | | | |
| Raising Funds - Agency Fundraiser Commission | 2,990 | - | 2,990 | 856 |
| Raising Funds - OKMT Fundraising and Marketing | 9,097 | 3,945 | 13,042 | 14,159 |
| Total expenditure on Raising Funds | 12,087 | 3,945 | 16,032 | 15,015 |
| Direct Charitable Activities | | | | |
| Professional Music Therapist Fees and Expenses | 33,477 | 84,391 | 117,868 | 125,134 |
| Training and Workshops | 505 | 1,800 | 2,305 | 750 |
| Musical Equipment | 75 | 1,932 | 2,007 | 1,602 |
| Premises Hire - OKMT Outreach Projects including HWMC | 1,158 | 4,181 | 5,339 | 4,434 |
| Main Music Studio Costs - 3TW and move to HWMC | - | - | - | 8,081 |
| New Premises - Community and Project (MHPC) | - | - | - | 3,000 |
| Bursary Fees and Provisions | 1,686 | 2,295 | 3,981 | 2,885 |
| JustGiving Fee | 312 | - | 312 | 312 |
| Events, Printing and Reproduction | 1,315 | 40 | 1,355 | 2,741 |
| Studio Maintenance - HWMC | 786 | 922 | 1,708 | 377 |
| Covid-19 Response - PPE, Equipment & Zoom Costs | 32 | 2,105 | 2,137 | - |
| Total Expenditure on Charitable Activities | 39,346 | 97,666 | 137,012 | 149,316 |
| Supporting Charitable Activities | | | | |
| OKMT Director | 11,603 | 23,515 | 35,118 | 35,189 |
| Administration | 9,773 | 5,918 | 15,691 | 17,319 |
| Office Expenses and Equipment | 1,202 | - | 1,202 | 1,417 |
| Accounting - Outsourced Bureau, Payroll and Review | 8,077 | - | 8,077 | 8,088 |
| Insurances | 766 | - | 766 | 886 |
| Other Expenses and Equipment | 1,705 | 351 | 2,056 | 2,815 |
| Bank Charges | 378 | - | 378 | 288 |
| OKMT - Strategy Away Day | 1,160 | - | 1,160 | - |
| Depreciation - Tangible assets | 638 | - | 638 | 624 |
| Total expenditure on Supporting Charitable Activities | 35,302 | 29,784 | 65,086 | 66,626 |
| Total Expenditure | 86,735 | 131,395 | 218,130 | 230,957 |
| Net Income for the Year | 1,133 | - | 1,133 | 2,678 |

| OKMT | | Balance Sheet as at 31 st December 2020 | | |
|-------------------------------------|-------------------------|--|---------------------------|----------------------------|
| | Unrestricted funds £ | Restricted income funds £ | Full Year Total 2020 £ | Annualised Total 2019 £ |
| Fixed Assets | | | | |
| Tangible Fixed Assets | 9,373 | - | 9,373 | 10,011 |
| Current Assets | | | | |
| Debtors | 11,806 | - | 11,806 | 23,888 |
| Cash at bank and in hand | 170,332 | 72,887 | 243,219 | 172,415 |
| Total current assets | 182,138 | 72,887 | 255,025 | 196,303 |
| Creditors | | | | |
| Amounts falling due within one year | 69,755 | - | 69,755 | 11,255 |
| Net current assets | 112,383 | 72,887 | 185,270 | 185,048 |
| Total net assets | 121,756 | 72,887 | 194,643 | 195,059 |
| Funds of the Charity | | | | |
| Unrestricted funds | 101,756 | - | 101,756 | 105,623 |
| Designated funds | 20,000 | - | 20,000 | 15,000 |
| Restricted income funds | - | 72,887 | 72,887 | 74,436 |
| Total Funds | 121,756 | 72,887 | 194,643 | 195,059 |

OKMT - Net Grants Received

| | 2020 New Full Grant £ | 2020 Net Spend £ |
|---|--------------------------|---------------------|
| Grants Received in 2019 Balance B/fwd to 2020 | | |
| ArtSocial Foundation | | 10,720 |
| Axis Foundation | | 3,630 |
| BBC Children in Need | | 8,750 |
| DWF Foundation | | 940 |
| Hampton Fund - Homelink Group | | 4,000 |
| Richmond Parish Lands Charity | | 10,000 |
| Richmond Parish Lands Charity | | 4,125 |
| The Garfield Weston Foundation | | 5,907 |
| Tommy Hollis Children's Fund | | 0 |
| The Walter Lobo Busary Fund | | 1,300 |
| Other Grants | | 9,421 |
| RF - Subtotal per Statutory Accounts - Note 10 | | 58,793 |
| Grants Received in full 2020 | | |
| ArtSocial Foundation | 7,500 | 7,500 |
| Arts Society | 1,000 | 600 |
| BBC Children in Need - Covid-19 Booster Grant | 2,620 | 1,880 |
| City Bridge Trust | 17,600 | 17,600 |
| Hampton Fund | 15,100 | 13,260 |
| Hampton Fund - for Homelink Group | 8,000 | 1,765 |
| Jack Petchey Foundation | 750 | 750 |
| London Community Response Fund - (via CBT) | 912 | 912 |
| National Lottery Fund - HMGov Covid-19 Response | 10,000 | 10,000 |
| Postcode Community Trust | 7,500 | 7,500 |
| Richmond Parish Lands Charity | 5,280 | 700 |
| Richmond Parish Lands Charity - Covid-19 PPE | 2,193 | 1,818 |
| Richmond Council (LBRuT) - MIND | 1,920 | 1,920 |
| Richmond Council (LBRuT) - Mayor's Fund | 18,169 | 415 |
| St James's Place Charitable Foundation | 9,400 | 1,505 |
| Stephen Clark Charitable Trust | 1,000 | 0 |
| Tesco - Bags for Life | 1,166 | 960 |
| The D'Oyly Carte Charitable Trust | 4,000 | 2,850 |
| The Edward Gostling Foundation | 4,000 | 667 |
| TOA Thames Path Challenge | 300 | 0 |
| RF - Subtotal per Statutory Accounts - Note 10 | 118,410 | 72,602 |
| Total RF Net Utilised as Statutory Accounts 2020 | | 131,395 |
| City Bridge Trust - Additional Core Covid-19 support | | 4,400 |
| Grants Total - Net Received per 2020 Accounts | | 135,795 |

OKMT Sources of Income 2020



Fundraising Events during 2020 *continued*

Huge thanks to everyone who raised funds for us in 2020 - online or in person: Claudette Eldridge, Philippa Little and Charmaine Mullins who organised a **Motown Disco** to benefit OKMT in February 2020 and raised £1,280; our former Trustee, Katherine Goss who took part in the **2.6 challenge** doing 26 yoga poses, and the residents of Crane Road in Twickenham who organised **a collection for OKMT**.

In June, OKMT was delighted to be part of **Rockin' the Lockin** organised by Teddington Together, where local musicians and five OK Music School students performed live from the Anglers



Pub garden or from home and were streamed over seven hours on Facebook. This wonderful event raised over £1,100 for OKMT. Thank you to OKMT parent Navjote Chan and volunteer Lucy Arrowsmith who ran the **Richmond Runfest 10K** in Kew Gardens in September to raise funds for OKMT.

We are very grateful to Twickenham Rotary who supported OKMT in their online quiz during the first lockdown and again in the fabulous **online Music Marathon** which they organised in November, including OKMT Music School students, therapists and friends, all streamed on YouTube, raising nearly £1,000 for OKMT.



Funders and Supporters 2020

- ArtSocial Foundation
- BBC Children in Need
- City Bridge Trust
- The D'Oyly Carte Charitable Trust
- The Edward Gostling Foundation
- The Garfield Weston Foundation
- Hampton Fund
- Jack Petchey Foundation
- London Community Response Fund
- The National Lottery Community Fund/ HM Government
- Nordic Entertainment Group
- Postcode Community Trust
- Province of Middlesex Masons
- Richmond Council
- Richmond Parish Lands Charity
- St James's Place Charitable Foundation
- Tesco Bags for Life
- The 29th May 1961 Charitable Trust
- Stephen Clark Charitable Trust
- Stephen Block Image of Disability Charitable Trust
- Music Sales Charitable Trust

OKMT Trustees serving during 2020

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

Staff

Clare Lawrence Director
Valerie Roy Fundraising Manager
Cheryl Volland Administrator
Mercedes Bianchin Music School Co-ordinator

Therapists

Edison Carolino Music Director
Carmem Coles **Sophie Crawford**
Gemma Lenton-Smith **Kimberley Andrews**
Laura Pearce **Tom Campion**
Margaret Nicholson **Jo Caleb**