

Annual Report 2022



music as therapy
international

Registered Charity No. 1070760

Our vision

To make music an integral part of care for vulnerable children and adults worldwide

Our mission

To introduce music into the care of as many vulnerable people as possible, wherever they are in the world

Our strategy 2020-2022

1. Provide Introductory Training to inspire new ways of working and caring using music
2. Offer Sustainability Activities to support lasting change to care practice
3. Seek Capacity Strengthening opportunities for our Partners to work with us to extend the use of music to more vulnerable children and adults
4. Pursue excellence in how we run the charity and the systems we develop to deliver our projects and achieve our goals
5. Never lose sight of our Values: - Integrity - Sustainability - Partnership - Courage

Concluding our strategy

This Annual Report marks the end of Music as Therapy International's three-year strategy set out in 2020; a period which spanned the onset of Covid-19 and our gradual emergence from the challenges it presented. So although this year finds us at the end of a strategic cycle, given the wider context, in many ways it has felt like a new beginning.

We've welcomed new talent into our team and experience onto our board of Trustees. Our activities in the UK have steadily regained momentum and we've been inspired by the ways in which some of our established international Partners have continued to pioneer efforts to embed music into care in their respective countries.

With encouragement and support from the right people at important times, we've expanded our approach to project delivery, trialling new methods, models and platforms for training and supporting our Partners. And throughout it all, our values have steered and guided us: Integrity, Sustainability, Partnership and Courage.

This report reflects on the different ways we've lived and breathed these values in our undertakings over the past 12 months as we have worked alongside caregivers who share our vision that music should be an integral part of care for vulnerable children and adults worldwide.

Integrity

We are honest and ethical in all that we do. This extends to our use of charitable funds and safeguarding responsibilities for everyone involved in our activities, where we value transparency in all of our reporting. It includes sharing our learning with all those committed to improving care and our commitment to best practice at all times, guided by a professional code of ethics.

Confidence in our integrity, gives us confidence in the strength of our work and pride in drawing on this to inspire others, which contributes to the reputation we've built for thought leadership and good practice. This was reflected in our involvement at the European Congress of Music Therapy Conference and our director, Alexia being invited to deliver a TEDx talk. Titled 'The Musical Connection', Alexia's talk shared experiences where music has demonstrated its ability to connect and motivate us.

For us, part of having integrity is acknowledging there is always room to grow and learn from others. This year we've strengthened our Board with the addition of two new trustees, and our Advisory Panel now includes former Partners with lived experience of participating in our projects who have since trained as music therapists themselves.



Gladys
United Kingdom

TEDxFrensham

EMBODYING INTEGRITY

Drawing on expertise

Our Interactive Music-Making course for Early Years practitioners has been running in the UK since 2010. This year, we made an ambitious change to the way it will be delivered, with the launch of a new Associate model.

Embodying our commitment to developing our training with integrity, we invited organisations with contemporary Early Years experience to join forces with us as “Associates”. We wanted to draw on their expertise, as well as enlist their help extending the reach of our training course.

Bringing fresh perspectives on how music can support young children’s development, Nordoff Robbins, North London Music Therapy CIC, Oxleas NHS Foundation Trust and Quaggy Development Trust have worked with us to strengthen the teaching we’ve offered to the 11 care practitioners enrolled on the course this year.



Interactive Music-Making, UK

Sustainability

We continually aim for each of our projects to have an impact that lasts longer than our active presence within the participating community. We are proud of the legacy our projects leave behind. Guided by our Partners, we continuously refine, improve and adapt the support we offer to ensure sustainability is never a mere buzzword.

Walking alongside our Partners over time means making sure we're using the right approach to staying in touch. For our Partners in Rwanda this is WhatsApp and it is this channel we turned to this year to reconnect with a number of our Partners in India with whom we'd lost touch during Covid. Communication now re-established, they've been able to request new training and guidance which we are planning together for next year.

In the UK we have found email, social media and Zoom to be effective for supporting our 85 Partners through a range of activities within our "Motivation Programme". Sometimes, though, getting together in person is what is needed.

With international travel once again possible, we were excited to send a volunteer team of two music therapists to Ethiopia. There, alongside the delivery of a new skill-sharing project for 18 care staff at a psychiatric clinic, they have been able to provide tailored training and support to existing Partners in a hospice, a day centre and another psychiatric setting. Together, the four settings provide care services to more than 2,900 people.



“ The training helped me to see that music therapy is very important for the patients and for the staff...

Eyerusalem Alemayehu
Local Partner, Ethiopia

EMBODYING SUSTAINABILITY

Instruments of change

In addition to the guidance, encouragement and advice we offer our Partners, there are times when what's really needed is more concrete.

In total, we invested more than £3,500 in musical instruments this year. Some were to equip care settings taking part in Introductory Training projects, while others were destined for existing Partners, such as Caol Primary School in Scotland and three independent practitioners in Romania, who needed them to keep their music sessions going.

Our musical instruments need to be accessible (so anyone can play them), to produce good quality sound (so they are rewarding to play), and to be varied (so they offer a range of creative opportunities).

Some were bought in the UK, but we turn to local musical instrument providers or makers too, when possible. From a practical point of view, we need to know exactly how to make sure they can get through customs if they are being shipped internationally, or how to secure the best price if we're buying them locally.




Partnership

Genuine partnerships are integral to our approach. We are passionate about understanding the real needs of communities we work in, with sensitivity to local culture and customs. From inception to delivery and through each stage of project development, we are Partner-led. We tailor our approach to what is wanted and needed locally to best enable our Partners to embed music into the care they offer.

Alongside existing partnerships which ensure the lasting impact of any Introductory Training we provide, new relationships enabled us to create fresh opportunities for meaningful musical experiences.

In the UK, a group of nine adults with learning disabilities can now access music as part of their daily care thanks to an on-site skill-sharing project delivered in partnership with national charity Livability.

In Georgia, we partnered with a local music therapist Tako Jordania, who spent seven weeks visiting Open House, Kutaisi. There, she explored the ways staff could make music integral to the support the day centre provides to more than 300 children with disabilities and other cognitive difficulties.



“ Here there is the opportunity to see music laced through the lives of individual young adults, at moments when it could be most meaningful to them.

Kate Fawcett
Music therapist, UK

EMBODYING PARTNERSHIP

Advancing care together

The Distance Learning Programme (DLP) is a 12-month course aimed at caregivers working with children with disabilities. It has been integral to our activities in Romania since 2010, and is a brilliant example of partnership in practice.

A key aspect of this has been our work with Monika Maneses, who has been a Romanian Partner since 2001. We've long drawn on her expertise as a local moderator for the DLP in the country and this year we formalised a partnership with her organisation, Asociata Sound Art E-Motion. Through this, we have been able to secure accredited status for the course and strengthen its value for local participants.

In comparison, sometimes a number of partnerships are needed for a project to succeed. Musicians Without Borders, Caritas Jordan and Advisory Panel members Clare Reynolds and Liz Coombes were all key to extending the DLP to Jordan for the first time. Their combined efforts meant seven caregivers were equipped to use music with groups of children with wide ranging needs.



Distance Learning Programme, Jordan

Courage

Courage runs through everything we do. Bravery is shown every day by those willing to make a difference, to be creative, to innovate and to try something new. This includes our staff, volunteers, music participants and, most importantly, our Local Partners, many of whom are true pioneers within their communities and countries.

It takes courage to make a vision a reality. In Rwanda, our proven Partners realised their ambitious plans by delivering their third and final training event for 14 caregivers from seven care settings around the country, supporting more than 650 children and young people with disabilities. They also took positive steps towards registering as an independent association, boosting their local profile and the sustainability of their practice.

Our Georgian Partners showed their courage to embrace new ways of working: Staff at the Music Therapy Centre in Tbilisi turned to us for training in how they might offer music sessions online when they are prevented from doing so in person.



“ The ability to
provide training
was exciting.

Audace Musoni
Local Partner, Rwanda

Locally-Led Training, Rwanda

EMBODYING COURAGE

Music helps in new ways

It takes courage to try something new, as we have done with our first step into digital training. As a bold move away from our traditional approach, Music Helps is an online course created for caregivers to explore person-centred care and the role music can play for people living with dementia.

The course was piloted with 22 caregivers in India and evaluated at the start of the year, 100% of whom told us they would use what they learnt in their care. Not only this, but 100% also said the course benefitted their own wellbeing, too. The training remains available in Hindi, Telugu and English, and in recent months a further 73 caregivers have enrolled.

Alongside this, following timely encouragement and support from leading voices within dementia care and music therapy, we see huge potential for the course to be adapted to support caregivers in the UK. Emboldened by our experiences this year, we're excited to develop Music Helps (UK) in 2023.



“ I like the idea
of asking my mum
about her loved
music pieces and
her younger days.

Music Helps participant, India

Our impact

22,696

children and adults
gained access to music
as part of their care

539

caregivers received
training and support in
their use of music

176

care and education
settings benefitted
from our activities

The scale of our impact goes far beyond numbers. From the adults and children receiving care, to those providing it; from immediate skills gained to the long-term empowerment of caregivers to take ownership of their music programmes. This year, we've each chosen one aspect of our impact to shine a light on the different ways our approach makes a meaningful difference to care.



Elsa Hariades

UK Programme Assistant

It's been a joy to hear so many instances of people, young and old, growing in confidence through music-making with caregivers and peers. Music can be a great leveller, allowing everyone to be heard on equal terms and to be a little bolder in their actions – and of course to have fun, too!

“ I am going to be loud today!
Loud like a monster! Rah!

Child, UK



Kiran Sangha

Team Assistant

Caregiving can be an emotionally overwhelming experience, so it's extremely satisfying to see how our Music Helps participants have learnt to use music as a form of self-care, to help them feel relaxed and to make caregiving a more enjoyable experience for themselves.

“ I am delighted to see that self-care of the caregiver is included in this, that is often overlooked.

Meeta

Music Helps participant, India



Richard James

Fundraising Manager

As with the quote above from the UK this year, in every project there are 'penny drop' moments, when caregivers see something unexpected or new from the adults or children they work with. This is the 'humanising power of music'; strengthening the relationships integral to effective, person-centred care.

“ I gained a new perspective on a child through seeing her musical interactions...

Beth Frost
IMM Student, UK



Alexia Quin OBE

Director

It's exciting when the potential of music inspires caregivers to stick with it and to truly embed music into how they work. As it has for Mariana, who asked for help replenishing her musical instrument collection this year, having been running music sessions since joining one of our projects 24 years ago.

“ I love working with music... I did not give up when I changed my job.

Mariana Diosteanu
Local Partner, Romania



Makeda Mitchell

International Programme Coordinator

Seeing longer-term impact evolve from an immediate impact is truly meaningful for me. My heart sings when our Partners around the world gain full ownership of their music practice and elevate their work, like our Rwandan Partners' who are taking proactive steps to set up their own association 11 years after their initial training.

“ We will continue to do our best according to our capacity.

Audace Musoni
Local Partner, Rwanda

Our projects in 2022

As a snapshot of our activities, the list of all of our projects delivered this year illustrates what 'regaining momentum' looks like – and how busy we've been.

INTRODUCTORY TRAINING

Distance Learning

Romania

Delivery of our Distance Learning Programme for caregivers working with children with disabilities in Romania, in partnership with Asociata Sound Art E-Motion.

SUSTAINABILITY

Motivation Programme

United Kingdom

The provision of a range of support activities for our UK Partners, comprising CPD events, monthly newsletters, activity guides and the Musical Instrument Fund.

INTRODUCTORY TRAINING

Music Helps

India

The official launch and rollout of our online training course for caregivers working with people with dementia, after its initial pilot phase was completed earlier this year.

CAPACITY STRENGTHENING

Online training

Georgia

Remote training for our Partners in how to run their music therapy sessions online, delivered in partnership with Chiltern Music Therapy.

CAPACITY STRENGTHENING

TEDx Frensham

United Kingdom

As part of the 'Human Together: Celebrating our Kaleidoscope' TEDx Frensham event, our Director, Alexia Quin delivered a talk reflecting on her experience of the many ways music motivates, inspires and connects us all.

INTRODUCTORY TRAINING

Distance Learning

Jordan

Delivery of our Distance Learning Programme for caregivers in Jordan, in partnership with Caritas Jordan, Musicians Without Borders and music therapists Clare Reynolds and Liz Coombes.

SUSTAINABILITY

Follow-up Visit

United Kingdom

Music therapist Clare Reynolds returned to Caol Primary School in Fort William, to provide our Partners with guidance and encouragement to support their music practice. This built on their Introductory Training at the end of 2021.

CAPACITY STRENGTHENING

Conference participation

United Kingdom

We attended the European Music Therapy Congress Conference in Edinburgh, using the opportunity to meet pioneering Romanian music therapists and to share good practice across the European music therapy community, including a presentation about two recent projects.

INTRODUCTORY TRAINING

On-site skill-sharing

United Kingdom

Delivery of an eight-week on-site skill-sharing project in partnership with national charity Livability. Music therapist Kate Fawcett provided training to caregivers at their Livability Horizons home in Poole, which supports young adults with learning disabilities.

CAPACITY STRENGTHENING

Locally-led Training

Rwanda

Delivery of the final training event (in a series of three) for caregivers from care settings across Rwanda, designed and delivered by our established Partners and proven trainers Audace Musoni, Fidele Nshimiye and Alphonsine Musabyemariya.

INTRODUCTORY TRAINING

On-site skill-sharing

Georgia

A seven-week on-site skill-sharing project providing training to caregivers working at Open House in Kutaisi, Georgia. Led by Georgian music therapist Tako Jordania and supported by music therapist and Advisory Panel member Jenny Laahs.

CAPACITY STRENGTHENING

Networking & Advocacy

Romania

Fostering professional relationships with a new generation of Romanian music therapists who have completed training in other countries and are committed to developing music therapy practice in Romania.

INTRODUCTORY TRAINING

Interactive Music-Making

United Kingdom

Delivery of our structured training course for early years practitioners in London. Hosted by Pound Park Children's Centre and delivered in association with Nordoff Robbins, North London Music Therapy, Oxleas NHS Foundation Trust and Quaggy Development Trust.

SUSTAINABILITY

Musical Instrument Fund

Romania

Provision of new music instruments to three of our Partners in Romania, replacing old or broken instruments to support their ongoing music practice.

SUSTAINABILITY

Support visit

Ethiopia

Music therapists Erin Williams-Jones and Emma Britton visited our Partners at Hospice Ethiopia, FENAID and Gefersa Mental Health Rehabilitation Centre, to observe their practice and provide additional training to support their continued use of music.

INTRODUCTORY TRAINING

On-site skill-sharing

Ethiopia

Music therapists Erin Williams-Jones and Emma Britton delivered a four-week on-site skill-sharing project providing training and support to caregivers working at Lebeza Psychiatry Clinic in Addis Ababa, Ethiopia.

SUSTAINABILITY

Follow-up Visit

Georgia

Music therapist Tako Jordania returned to Open House in Kutaisi, Georgia, to give caregivers guidance and encouragement to support their music practice and share their successes following their Introductory Training project earlier in 2022.

Accounts 2021

Income

Unrestricted income	115,002
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Individual giving	90,952
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Grant Income	11,000
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Community Fundraising 519

Corporate Fundraising	5,160
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Gift Aid	6,617
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Other 754

Restricted income	17,934
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Activity generated income	11,225
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Total cash income **144,161**

Expenditure

UK Programme	47,217
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International Programme	60,079
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Charity Development	9,555
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Fundraising	10,925
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Core Costs	26,072
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Governance	8.400
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New Website	17,672
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Total cash expenditure **153,848**

Surplus/Deficit	-9,688
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Sponsors 2021-22

Alleyyn's Parents' Association,
Bryan Guinness Charitable
Trust, Capital Group, CJC
Charitable Trust, Cupsmith,
Eleanor Rathbone Charitable
Trust, The Fineman Trust, The
Golden Bottle Trust, Gordon
Fraser Charitable Trust, The
Haramstead Trust, The Kusuma
Trust, Vanneck Ltd

Trustees

Karina Brown
John Ellis
Kevin Huttly
Dr Hannah Reid
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