



music as therapy
international

Registered Charity No: 1070760



2023

Annual Report

Our new strategy

In January we launched our new organisational strategy, made up of five key goals that will guide our activities for the next three years. As part of this, we also updated our vision, mission and charitable objects.

GOAL #1

Inspire caregivers to explore the ways music can strengthen care

GOAL #2

Equip caregivers with what they need to use music in the care they provide

GOAL #3

Entrust others to develop, deliver and coordinate different aspects of our work

GOAL #4

Focus on impact with an informed understanding of the meaningful difference we can make

GOAL #5

Embrace a culture of continuous improvement with an emphasis on learning from others

Vision

To see music embedded into the care of people in vulnerable situations worldwide.

Mission

To inspire, guide and champion caregivers' use of music to strengthen care.

Our objects

1. The advancement of health, well-being and social inclusion of individuals, groups and communities who are challenged by disability, illness or injustice in any part of the world through:
 - a) The targeted use of music
 - b) The provision of training, resources and support for individuals working with such persons
 - c) The advancement of the education of the public concerning music therapy and the targeted use of music within care
2. Such other exclusively charitable objects as the trustees of the charity may in their absolute discretion determine





663

caregivers have been
equipped to use music
in their work

4,597

people reached in
efforts to champion the
role of music

154

care settings have
benefitted from our
activities

18,521

people have access to
music as part of the
care they receive

A word from Alexia

Since 2020, we have started each year with an optimistic plan of activities. And each year, many of them have been disrupted by Covid-19 or local conflict. The beginning of this year was no different: Together with my brilliant team and guided by the requests from our Partners around the world, we identified 15 strands of work, each with many component parts.

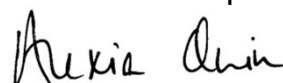
The difference in 2023 was that the majority of them weren't disrupted! As a result it has been a phenomenally busy year.

This annual report gives us an opportunity to outline a sample of our activities to give you a flavour of everything we have been doing to embed music into the care of people in vulnerable situations worldwide.

With so much to choose from, we have been able to draw out areas of focus relevant to each of the five goals within our new strategy. And throughout it all I hope you will see our appreciation of the people at the heart of our work who make change possible.

Having so many fantastic people involved has enabled us to equip 663 caregivers with skills, resources and support to use music in their work over the past 12 months, creating opportunities for over 18,500 people to access music within their care.

I hope you will enjoy meeting a few of them in this report.



Alexia Quin OBE
Director

Music in dementia care

The role of music for people living with dementia has been well promoted in recent years, yet caregivers can still feel unsure of where to start.

This year we looked at how we might inspire people working in dementia care to give music a go.

Our Inspiration Pack which featured in three care sector publications, was downloaded 80 times, inspiring 11 caregivers to register their interest in accessing further training.

We also provided Tailored Workshops to inspire caregivers from Home Instead Wandsworth to explore how music might enhance care for people living with dementia in their own homes.

One month later, the caregivers shared their stories with us. We heard how music had helped them connect with and provide emotional support to their clients, and to learn new things about the people they care for.

“ I won't worry about how I sound now! I'm happy to sing along with clients.

Lorna, Partner (UK)





INSPIRING CAREGIVERS

Communicating deliberately

Thanks to advancements in digital tools and established partnerships with some talented translators, this year we've been able to take a more tailored approach to our external communications.

We've identified the best channels for staying in touch with our Partners, whether that's email, Facebook or WhatsApp, and have made sharing news and social media posts in multiple languages central to what we do.

Where opportunities to reach a wider audience have presented themselves we've endeavoured to make them meaningful.

“ I liked how Music as Therapy International was able to post all the information about the activities we did in different languages so that everyone could understand it.
Audace, Partner (Rwanda)

Four multi-lingual submissions to the World Congress of Music Therapy were co-created with our international Partners to champion their achievements with the global music therapy profession.

And we used our OneTrackMinds charity event to engage our UK Partners, inviting them to hear stories of the transformational power of music shared by five inspirational special guests, including Georgian singer-songwriter, Katie Melua.



EQUIPPING CAREGIVERS

Contexts and cultures

Back in 2009 we designed our Distance Learning Programme to equip Romanian caregivers to use music with children with disabilities.

Once established, we extended the reach of the training to the Occupied Palestinian Territories and Jordan, guided by people with deeper knowledge of these countries to ensure its relevance. This year saw the course piloted in Georgia.

“ I thought the new activities I used went well with the children as they participated in their own ways and they were able to express themselves freely and safely.

Ala'a, DLP participant (Jordan)

As training has gained momentum, pioneering music therapists in these different countries have come forward to work with us.

In 2023, Larisa and Eli joined Monika to take the course forward in Romania, Hisham and Rula joined the team in Jordan contributing to training workshops and supervision of participants' Practical Assignments and Tako guided our preparations to lead Georgian participants through all aspects of the course.

Together we've equipped a total of 23 caregivers to use music, creating new opportunities for over 900 children and young people to access music.

Strong foundations

Our Interactive Music-Making course equips early years practitioners to use music to support the development of very young children. We asked some of them just what this means.

Can you tell us about how music helps your children?

My music sessions support children that struggle with sharing, do not have confidence in themselves, and struggle with their communication and emotions.

Can you give a specific example?

Ibrahim has started to initiate activities with me, which is a big step for him. He is finding his voice and getting a lot from his peers.

Can you describe a favourite moment from a music session?

There was a really nice moment during a big drum activity, where Marek paused and looked at the group playing, seeming to take everyone in. He played thin air a little after his turn drumming had finished, then did a little dance from side to side!

Do you see benefits extend beyond your music sessions?

Yes! I've noticed Abdullah is sitting down for story times recently and mum has noticed Abdullah sits and listens more at home.

What did you, personally, take away from the course?

It has given me more confidence and reassurance that I'm doing a good job.



Instruments of change

There's an undeniable excitement that accompanies supplying musical instruments to caregivers around the world.

Equipping caregivers with what they need can take different forms, but fundamentally it's hard to embed music into care without the instruments you need to make it happen.

Wherever possible and appropriate, we source instruments locally or, as was the case with a bongo drum in Ethiopia this year, we fund repairs for existing instruments instead of simply replacing them.

“ Students showed better communication and eye contact, especially during the Bongo Drum conversations... they were more willing to interact with me.

Ahmed, Partner (Jordan)

Thanks to money you raised – more than £5,000 – we provided 303 musical instruments to 49 caregivers and Partners.

Some of these were provided as part of Introductory Training activities (Jordan, UK), while others were in response to requests made by existing Partners (Romania).





£5,742

funds raised by you as
after our Key Notes
appeal in January

151

instruments supplied to
early years
practitioners in the UK

49

instruments provided
to our Partners in
Romania

98

egg shakers provided
to caregivers around
the world

8

caregivers gained
access to new musical
instruments in Jordan

“ These
instruments give an
opportunity for
isolated, withdrawn
children to express
themselves.

Zsuzsi, Partner (Romania)



FOCUSING ON IMPACT

Inspiration from Rwanda

The impact of our Rwandan Partners since we introduced them to using music with children with disabilities back in 2010 is an inspiration to us.

Over the past three years they have set up their own association and trained over 50 caregivers around the country to use music themselves.

Visiting Rwanda this year, our International Programme Manager, Makeda and Advisory Panel member, Caroline saw how Alphonsine, Audace and Fidele's ambitious vision for the role of music in Rwanda is being realised.

“ In our youth centres and centres of disabled young people here in Rwanda, we have young people seriously affected by the effects of stigmatisation and rejection... This has caused them to live with fear, anxiety and avoidance... there is also prejudice... This is a prejudice that we found musical therapy can heal.

Fidele, Partner (Rwanda)

In the 5 settings we visited, Partners had extended their use of music beyond children with disabilities, to reach teenage mothers, street children, drug users and isolated elderly people.

Widening reach

Time and again, we've seen how equipping and supporting our Partners can empower them to chart their own course towards embedding music into care.

As an approach that supports sustainability, it's also one that can lead to exciting developments when our Partners further the use of music in new ways.

This was the case in Ethiopia this year, where Advisory Panel members Erin and Alastair visited Addis Ababa to reconnect with our Partners at four settings which provide music to more than 300 people with disabilities, facing mental health challenges, or receiving palliative and end of life care.

In each setting, they found the profile of music had risen, with its use cemented in their care provision and hopes to extend its reach.

Hospice Ethiopia has asked for guidance on how they might use music as their palliative care services expand to include children as well as adults, FENAID (a centre for people with disabilities) wanted to talk to us about introducing music into a school, and Gefersa Mental Health Rehabilitation Centre is creating a dedicated role to lead their music programme.

“ I love music, it helps me spread my message; that I can do anything... People have a perception of me but I can do anything.

Session Participant, FENAID (Ethiopia)



Working in partnership

Partnerships with other individuals and organisations have remained critical to our activities again this year.

Our Partners' insight teaches us how we should work with different people in different contexts. By entrusting them with aspects of the development and delivery of our activities, we can reach more people in the most relevant way.

Home Instead Wandsworth deepened our understanding of caregiving when it is provided to people living with dementia in their own homes.

Musicians Without Borders have enabled us to provide appropriate support to Jordanian practitioners, amidst the turmoil in some parts of the Middle East.

The quality and integrity of our Interactive Music-Making course was maintained with the involvement of our Associate organisations.

And Partners who hosted our activities in other countries this year provided invaluable cultural guidance to ensure we can stay true to our commitment to collaborative working without imposing our ideas on others in the different places where we work.





ENTRUSTING OTHERS

Passing the baton

After more than 10 years shepherding the Distance Learning Programme in Romania, we asked Magda Pata what it feels like to hand over something you have nurtured so carefully for others to take forward.

When the programme started, it was very much led by a British team, facilitated by you. Was this the right starting point?

I think for a long time it was really meaningful that the course was run by British music therapists, because of the credibility of the training, the expertise and how things were run.

What steps were involved in entrusting it to other people?

Our Romanian Partner Monika has played an absolutely crucial role over the past 20 years. Her guidance and continued involvement has brought us to a point where we can say, “we’re still involved”, but it’s time for a fully Romanian team to take over.

How does it feel to be handing over something you’ve invested so much in?

It’s absolutely great that it can be a fully Romanian, young team... they have all the dreams I had years ago! I will definitely miss it, but I have great faith in the new generation and I think it was the right time to pass it on and let it grow in a new way.



EMBRACING IMPROVEMENT

Music Helps UK

Development of Music Helps (UK), our online course for caregivers of people living with dementia, is well underway.

With timely support from The Utley Foundation, and led by our UK Programme Coordinator, Elsa, the course is building towards a pilot in 2024.

We have worked our way through each chapter, adapting and updating songs, illustrations and cultural references to ensure the content is accessible and relevant for a multicultural audience in the UK.

“ There is plenty still to do... but I am very excited to continue through to its completion, and for the course pilot to make its way to caregivers across the country.

Elsa, UK Programme Coordinator

We haven't been working alone: Advisory Panel member Nina has crafted the illustrations, one of our Trustees, Jane, has stepped in as the narrator (pictured above), and videos have been created by Advisory Panel member, Hazel, and our Partners at Moss Park and Home Instead Wandsworth.

Strengthening the charity

A strategic commitment to a culture of continuous improvement applies to both our activities and internal structure.

Building on the appointment of Karina Brown as trustee in 2022, we welcomed three more new trustees – Alex, Charlotte and Rebecca – to the board.

We strengthened our Advisory Panel, bringing lived experience of receiving our training to the group for the first time. Larisa, Marion and Cat all took part in our activities before they pursued careers in music therapy.

“ I deeply appreciate Music as Therapy International's values, and I respect the exceptional work the charity has done throughout its extensive history in Romania.

Larisa, Advisory Panel member

We also increased our capacity with changes to our team. We were joined by a new administrator, Shirin, while Makeda and Elsa stepped up to the roles of International Programme Manager and UK Programme Coordinator respectively.



Accounts 2022

Income	GBP (£)
Unrestricted income	90,372
Restricted income	63,116
Activity generated income	1,141
Total cash income	154,629
Expenditure	
Charitable activities	131,223
Core Costs	23,619
Fundraising	17,877
Total cash expenditure	172,719
Surplus/Deficit	-18,090

Sponsors 2022-23

Alleyn's Parents' Association, Capital Group, The Casey Trust Cupsmith, Eleanor Rathbone Charitable Trust, Gordon Fraser Charitable Trust, The Haremead Trust, The Kusuma Trust, OneTrackMinds, The Utleay Foundation, Vanneck Ltd

“ It is important to share knowledge and constantly learn at all stages of life, however it is not always easy if you do not have the right people around you who support you... I was very lucky to find myself under the wing of an organisation like Music as Therapy International

Tako, DLP Coordinator (Georgia)

SUPPORT US

Your support matters

Help us inspire, guide and champion caregivers' use of music to strengthen care.

We've got ambitious plans for the next two years of our strategic period. We'll expand our portfolio of activities, extend our reach and continue to refine the way we work.

Scan the QR code below to make a donation, however small. It only takes a couple of minutes to make a difference.



Trustees

Karina Brown, John Ellis, Rebecca Huttly, Alex Lewis, Dr Hannah Reid, Jane Robbie, Charlotte Surun OBE

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