



music as therapy
international

Registered Charity No: 1070760



Annual Report 2021

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



Our strategy to achieve this (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

Reflecting on the year

It's been another rewarding year working with Partners old and new, which has enabled us to further our three-year strategy, as this Annual Report explores.

Among the things we've been reminded of during the course of 2021 is our ability to adapt in the face of challenges. And although the cause of uncertainty may be new, uncertainty itself is a familiar aspect of our work.

You haven't had to look too far for a reminder of this: The crisis into which Myanmar has been thrown since its military seized control at the start of the year, rising tensions in Jerusalem and a tragic loss of lives in Gaza in the Spring, and the humanitarian crisis worsening in northern Ethiopia.

Crucially, despite the myriad challenges faced by our network of caregivers around the world, there remains an appetite for improving care with music. With this in mind, we have tailored plans for each country to take us into 2022. We want to make sure we hold on to our strategic direction but we are sensitive to what is possible and what is important in the very different places where we work.

Our impact:

23,139

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

441

caregivers received training and support in their use of music in care

204

care and education settings around the world benefitted from our activities

“ The positive impact for our staff has been increased confidence and a greater satisfaction in their job role, and meaningful time and participation with the young people.

Online skill-sharing: Carers Trust
UK

Provide Introductory Training to inspire new ways of working and caring using music

Alongside our established training models, this year our Introductory Training activities have taken us in exciting, new directions: From developing an online training tool introducing music into dementia care in India, to a project delivered online and designed in consultation with support workers at the Carers Trust, we've innovated and adapted in response to our Partners' needs.



“ This tool will support dementia caregivers, not only in care facilities, but in their own homes.

Online training: Music Helps
India



“ This course is one of the most beautiful from all I have learned! It totally changed my perspective.

Distance Learning
Romania

**CARERS
TRUST**

“ The training was amazing and has opened up so many ideas of what we can do.

Online skill-sharing:
Carers Trust
UK



Our Interactive Music-Making course in the UK was 'highly commended' in the Nursery World Awards for services or projects that promote equality of opportunity and the best outcomes for all children, regardless of ethnic origin, special needs, background or disadvantage.

Piloting our approach in mainstream education: Caol Primary School

This year we were pleased to partner with Caol Primary School in Fort William, to understand how staff could use music to support children whose mental health and wellbeing had been impacted by the Covid-19 lockdowns.



The local region has no special educational support within primary education settings, and participating children were experiencing social and emotional difficulties, often combined with an autism/ADHD diagnosis.

The project was delivered by music therapist and Advisory Panel member Clare Reynolds. Over the course of six weeks, participating staff impressed Clare with their receptiveness to new ideas and techniques.

Aims for the different ages and groups differed, from focusing on skills like concentration, boundaries and attention with younger children to working on developing self-confidence and social skills, and focusing on nurture and security as the older children prepared to move towards secondary school.

“ It seemed to take no time at all for the pupils to find a connection with the music space and they clearly looked forward to it... Some even came skipping into the room. I saw definite improvements in terms of confidence, concentration, and engagement... The music space allowed them to feel safe and free to express themselves.

As the weeks progressed, Clare and the staff quickly noticed changes in the children. They saw excitement leading up to the sessions from children who were often shy and withdrawn, and increased concentration and participation from children with complex needs.

Over the course of the project, eight members of staff were trained and supported in their use of music, creating opportunities for more than 250 children to access music as part of their education.

Offer Sustainability Activities to support lasting change to care practice

Additional training or visits from us were clearly not possible in many places this year. But we are familiar with providing support from a distance, so we focused on strengthening resources and the potential of online meetings to support our Partners' continued use of music.

Learning from 2020, we retained an online platform to deliver four CPD events and shared new Activity Resources with our UK Partners in six Partner Bulletins across the year.



“ Fabulous as always! I gained confirmation that I’m on the right path... support and loveliness!

CPD Event
UK



“ Ishbel has been running regular music groups for 6 months - a fantastic achievement!

On-site skill-sharing: The
Children’s Trust
UK



“ Within an hour of receiving the resources I’d been spurred on to give my regular sessions a shake up.

Motivation Programme
UK

Through our recent International Partner Survey, we were inspired by our Partners’ commitment to making music an integral part of care for vulnerable children and adults worldwide (see opposite). 97% of our international Partners said they are proud of their music sessions.



Evaluating and celebrating sustainability with our International Partner Survey

Conducted among our global network, our survey updated what we know about how our Partners are currently using music to enhance care.

Translating and sharing their feedback gave Partners insight into how others use music in their own country and beyond, reinforcing a sense of belonging to a wider community.

The survey also gave us the opportunity to collect local perspectives regarding local practices and needs which will help to inform and tailor our future support.



7 years

is the average length of time our international Partners have been using music since training

Where they work

- 4% Ethiopia
- 7% Georgia
- 6% India
- 4% Myanmar
- 24% Occupied Palestinian Territories
- 51% Romania
- 4% Rwanda

212

caregivers received the International Partner Survey Report

89%

of our Partners said ongoing support is important

67%

of our Partners are regularly using music

99%

of our Partners said what they have learnt has changed how they teach, work, or provide care

Seek Capacity Strengthening opportunities for our Partners to work with us to extend the use of music to more vulnerable children and adults

Capacity Strengthening this year took the shape of helping our Partners and other organisations with strategic planning, overcoming the challenges of Covid-19, and reshaping services.



“ You have been instrumental in helping me make key decisions which will drive our service forward.

**Waves Music Therapy
UK**



“ You are our splendid supporters, for sure I will be in touch for guidance.

**ELCJHLS
Occupied Palestinian Territories**



“ Thank you, thank you, thank you – encouraging and empowering!

**Villiabianca Centre for Music
and the Arts
Malta**



Raising awareness of the benefits of music for vulnerable people is key to increasing access to it. Inspired by our Georgian Partners' television appearance (pictured), we will seek ways we can help our pioneering Partners worldwide promote their use of music in the media in 2022.

Local Partners take it forward in Rwanda

This year saw the continuation of an ambitious series of locally-led training workshops originally proposed by one of our most pioneering Partners in Rwanda, Audace Musoni.

Together with fellow trainers and Partners of ours, Fidele Nshimiye and Alphonsine Musabyemariya, the first of these was delivered in November 2020. A further two-day training was delivered in March this year, with a final training event scheduled for 2022.

Through a carefully planned series of workshops, the training team introduced some of the principles of music therapy through presentations, discussion and interactive activities for attendees, which included using musical instruments, singing and movement.

“ The participants loved it... the trainees wanted the training not to end... The participants wished there would be more training to further reinforce what they had learned.

This three-stage project will see 58 caregivers from 29 care settings introduced to how they can embed music into their care of children with disabilities. Each care setting is also provided with a starter kit of locally sourced musical instruments, so they can put their learning into practice immediately.

In total, Audace's bold vision will create opportunities for more than 1,500 vulnerable children and young adults to access music as part of their care. And supporting our Partners to take ownership of their own training programme has strengthened local capacity to deliver training and increase access to music for children with disabilities in Rwanda in the future.



Pursue excellence in how we run the charity and the systems we develop to deliver our projects and achieve our goals

Strengthening impact reporting

We have introduced a Theory of Change to better articulate the commonalities between our goals and those of our Partners. It captures the ways in which music is being used by all involved and the experiences for different service users to enable more precise impact reporting.

COVID Emergency Plans

Supplementing our three-year Strategy, we have plans tailored to each area we work in, to help us work responsively with our Partners as they continue to live and work alongside Covid-19 and other local challenges.

Contemporising our governance

We are in the process of converting our legal structure from a registered charity to a CIO (Charitable Incorporated Organisation). This is necessitated by a need to contemporise our governing document – it was, after all, written in 1998 when we were a very different shape as an organisation! This change also affords the charity limited liability, which we felt was important as we seek to expand our Board.

Recruiting new Trustees

We are looking to recruit two new Trustees to introduce new voices and experience to our established Board. One we hope will bring wide experience of the UK care sector to inform, challenge and help us extend our activities in the UK. The second will be someone new to leadership, who might enjoy learning from our Board, as well as bring a new perspective to it.

“ I love being a trustee for this charity. It is a brilliantly managed organisation, run by committed and talented staff.

Dr. Hannah Reid, Trustee

Never lose sight of our Values: Integrity, Sustainability, Partnership, Courage



Richard James
Fundraising Manager

As we started this year with a healthy bank balance we designated some of our reserves to cover the cost of our essential resources. And we've not asked any of our donors to increase the amount they give, either. To me, **integrity** means never asking for more than we need.



Makeda Mitchell
International Programme
Co-ordinator

Sustainability is integral to all of our activities, requiring us to listen to our Partners so the support we provide is what they tell us they need to keep music embedded in their care. Our International Partner Survey invited our Partners to update us and steer us.



Freya Gibbs
UK Programme Co-ordinator

Partnership means working collaboratively, to co-design projects tailored to our Partners' specific circumstances. In 2021, we've been working more closely than ever with our Partners to adapt our activities to the different or additional needs created by Covid-19 and lockdown.



Alexia Quin
Director

My team and our Partners have inspired me with their bravery to weather uncertainty, seek out new opportunities and find innovative solutions to challenges. And the responses from the people whose lives we strive to enhance with music remind me why we place such value on **courage**.

Music as Therapy International Accounts 2020

GBP £

Income

Unrestricted income	144,078
<i>Individual giving</i>	91,302
<i>Unrestricted grant income</i>	5,000
<i>Community fundraising</i>	5,645
<i>Corporate fundraising</i>	27,617
<i>Gift Aid</i>	8,733
<i>Local authority Covid-19 relief</i>	5,000
<i>Other</i>	782
Restricted income	7,010
Activity generated income	4,266
Total cash income	155,354

Expenditure

UK Programme	35,549
International Programme	63,108
Fundraising	10,455
Core Costs	12,324
<i>New Website</i>	8,592
<i>Governance</i>	3,732
Total cash expenditure	121,435

Surplus/Deficit

33,919



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Partner Organisations Caol Primary School, Carers Trust, Centru de Educatie Inclusiva Nr.1 Oradea, The Children's Trust, Demens-centrum, Evangelical Lutheran Schools (Beit Sahour, Bethlehem and Ramallah), Eversheds Sutherland, Kshetra Assisted Living by Heritage ElderCare Services (P) Ltd, Morden Mound School, Oxleas NHS Foundation Trust, Rwanda Action

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