



music as therapy
international

celebrating **20** years



A MESSAGE FROM OUR DIRECTOR

As we celebrate our 20th anniversary, I have been moved on many occasions which have reminded me how far we have come. Every step of the way I have been joined by passionate music therapists, open and dedicated Local Partners, children and adults excited to show themselves to us in their music, and organisations and agencies responsible for improving the opportunities these people have to achieve their potential.

So whilst at first it was a journey I was taking on my own, there is now a significant body of people walking alongside me, leading me, pushing me from behind, in the name of *Music as Therapy International*. This has enabled delivery of more and more projects each year, reaching extraordinary numbers of people in a growing number of countries.

We are now extending our work here in the UK with a focus on young children, adults with learning disabilities and people living with dementia. Our pilot projects in these areas have shown just how relevant our approach is in this country and we are working towards equal levels of activity at home and abroad by 2020.

But we remain a small organisation and rely on your help, particularly as we bring the lessons we have learned overseas back home, to strengthen care practice here in the UK. So please read on... right to the back page, where there is information about how you can make a donation today.



A handwritten signature in black ink that reads "Alexia Quin".

Alexia Quin



OUR MISSION

Music as Therapy International is a UK registered charity with twenty years' experience of devising and delivering innovative, high-impact music therapy projects around the world.

We believe passionately in the power of music to make the most of people's potential, overcoming obstacles such as disability, trauma and mental illness.

Our aim is to make the unique and life-enhancing benefits of music available to as many vulnerable, marginalised people as possible. But we do not parachute in to perform short-term miracles. Instead we train local people to use simple music therapy techniques and musical activities providing them with resources and professional support to make sustainable change long after our volunteer team has left.



WHAT WE DO

Our aim is to make the unique and life-enhancing benefits of music available to as many vulnerable, marginalised people as possible. Drawing on the core principles of music therapy, our projects provide training to staff working in schools, care centres and residential homes. Our accessible approach equips them with new ways of working with vulnerable people in their care on a day-to-day basis, using simple music therapy techniques.

Over the past 20 years we've worked in Georgia, India, Myanmar, The Occupied Palestinian Territories, Peru, Romania, Rwanda, and here in the United Kingdom.

Our Local Partners are the people "on the ground" who help plan, deliver and sustain our projects. They are directly involved in how projects are designed to ensure we meet their needs as they see them



HOW WE DO IT

All of our project work follows three key stages of progress: We start by introducing our Local Partners to music therapy techniques and work through to the point where they take ownership of the future of the practice in their care settings and beyond. We believe this models best practice for international development.



There is no one-size-fits-all model. We have a portfolio of adaptable activities we can tailor to suit local needs. These activities are developed in collaboration with our Local Partners, in keeping with our values as an organisation.

INTRODUCTORY TRAINING



MAKE A START

This first stage of working with new Local Partners involves delivering projects in communities that often have no previous experience of music therapy. So our first step is to assess what demand there is for our training and whether there are any other local music therapists or locally established training providers who could fulfil the request more effectively than us. Once satisfied that our involvement is both wanted and truly needed, we work with our Local Partners to tailor a project to meet their needs. We currently deliver introductory training in the shape of Field Projects, Distance Learning Programmes and Structured Training Courses.

"We wish we had done this earlier, but it is better late than never. There is a lot of change, their (the teachers') outlook has been changed. The approach to our children has been changed, from the teacher's point of view and from the parents' point of view... This will continue, certainly it will continue." (*Local Partner*)



celebrating

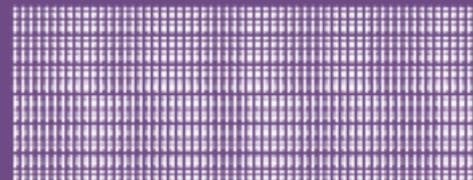
20 years

OF INTRODUCTORY
TRAINING



300

care staff trained in
using music as therapy



2,000

vulnerable adults and
children have taken
part in music sessions
during our projects

100

care settings reached



SUSTAINABILITY



KEEP GOING

Sustainability is one of our core values and forms the cornerstone of all of our project work. We know people need support to 'keep going' – embedding music therapy as a new way of working can be a slow and challenging process.

We do this in a number of ways: We have developed a portfolio of support activities in line with our Local Partners' needs around the world, we offer additional training projects to strengthen their practice and, wherever possible, we make resources available online.

"In music sessions I discovered other strengths of the children, other abilities, which I had not seen in other activities. The members of the group interacted, they made friends with each other, they conversed through the medium of music, and they expressed their feelings." *(Local Partner)*



celebrating

20 years

OF
SUSTAINABILITY

11,000

vulnerable
children and
adults now have
access to music
programmes



5

countries where we are
currently delivering
support activities



spanning 3 continents

235

trained Local Partners
receive our ongoing
support



CAPACITY BUILDING



TAKE IT FORWARD

This third stage in development is the key to our end goal – securing a future for music therapy that is independent of Music as Therapy International.

Whether providing Training for Trainers or contributing to locally-led ambitions for their music therapy practice to be legally recognised, our Capacity Building activities see us take a further step back. Our aim is to assist our Local Partners as they take full ownership of their music programmes in their care settings and beyond.

Capacity Building sees the benefits of music as therapy reach more people, in more places and for longer, than would ever be possible through our projects alone.

"I must emphasise the motivation and interest which this project has created: We hope we will develop further and have ambition to set up a music therapy association in Georgia and to help other schools and day centres."

(Local Partner)

"I am confident, as I have been working with music as therapy for over 10 years. Having you as mentors gives me confidence that I can tackle any problem with your support." *(Local Partner)*



celebrating

20years

OF CAPACITY
BUILDING

6 →

Local Partners who have gone on to train other care staff using our techniques

1,500

care staff our most prolific Local Partner has trained over the past 18 years since taking part in one of our projects





BRINGING IT ALL BACK HOME

UK projects to date have taken us from Fort William to Hove, via Sheffield, South East London and Wales as we are working towards a 50:50 split between our overseas projects and our UK activities over the next 5 years.

Our exciting new initiative sees us applying our accumulated experience and knowledge gained in 20 years of overseas projects to vulnerable people here. Specifically we are developing projects which train care staff working in three focus areas detailed opposite.

“It broadens your mind a little bit, you realise that communication isn’t a one way street and it doesn’t have to be verbal... Each of these people has a very unique way of getting their feelings across and if you can just find a way for them to do so then it opens up a whole other area for them.” *(Local Partner)*



Young Children under 5 years:

Using a tried-and-tested form of early intervention with children who are struggling. It helps with the prompt identification of difficulties and provides creative activities to help children when they are most in need.



Adults with learning disabilities:

Providing care staff with new tools to provide person-centred care, helping them engage with the people they work with to promote their independence and decision-making.



People living with dementia:

Enabling carers to use music and musical interaction to recognise each person's individuality, deepen relationships, provide mutually meaningful interaction, and support in times of agitation and distress.

2015 ACCOUNTS

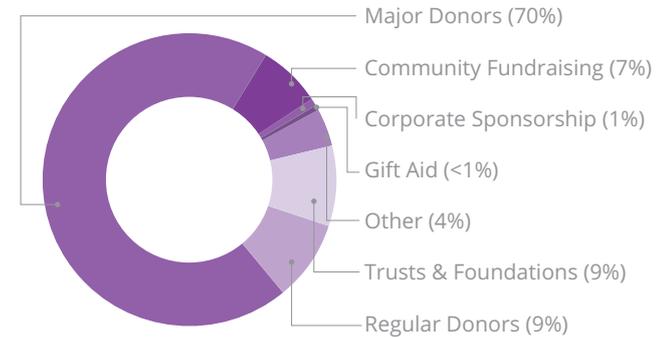
INCOME	2015 GBP £	2014 GBP £
MasT International (Unrestricted)*	146,028.42	76,918.63
Projects in Romania	1,172.72	477.01
Projects in Georgia	1,100.00	7,115.25
Projects in Rwanda	4,571.65	12,686.52
Projects in United Kingdom	11,255.00	600.00
Projects in Hyderabad	1,159.44	0.00
Projects in the Occupied Palestinian Territories	69.85	1,736.98
Total Income for period	165,357.08	99,534.39

EXPENDITURE	2015 GBP £	2014 GBP £
MasT International (Unrestricted)*	37,466.06	33,472.17
Projects in Romania	19,824.42	15,018.83
Projects in Georgia	2,907.96	10,785.37
Projects in Rwanda	11,804.08	10,394.35
Projects in United Kingdom	15,044.22	15,231.70
Projects in Hyderabad	6,020.28	0.00
Projects in the Occupied Palestinian Territories	1,338.90	1,180.04
Other International	978.52	8,317.80
Total Expenditure for period	95,384.44	94,400.26

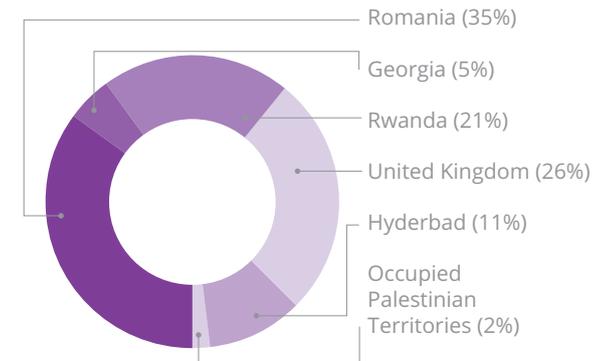
Gain/Loss **69,972.64** **5,134.13**

*The MasT International income represents unrestricted donations received by the charity which are then designated internally

Income Source



Direct Costs by Country



MAKE A DONATION

Title: Mr Mrs Ms Miss Other

Name(s) of Account Holder(s):

Address:

.....Postcode:

I would like to make a donation of £_____

I would like to make a **regular** direct debit donation of £_____

Quarterly Monthly Annually (Please tick)

Commencing on 01/___/___ or 15/___/___ (please fill in month and year)

Bank Account Information (for regular donations only)

Name of Bank/Building Society:

Address of Bank/Building Society:

.....Postcode:

Branch sort code: __/__/__ Account number:

Signature: Date:

Please send your completed form to:

**Music as Therapy
International,
Mowll Street
Business Centre,
11 Mowll Street,
London
SW9 6BG**

or donate online at
www.musicastherapy.org



I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

For more information on Direct Debits, including the Direct Debit guarantee, please visit: <http://www.directdebit.co.uk>

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