music as therapy international
Annual Report 2011-2012
Contents

Projects offering Long Term Support: Romania 4-5
Projects offering Short Term Support: Rwanda and Georgia 6-7
Projects meeting an immediate need: Myanmar and UK 8-9
New Project: Beit Sahour 10-11
Fundraising 12
Individual Endeavours 13
Finances 14
Pledge your regular support 15
You will see on the map that the reach of Music as Therapy International is steadily growing.

Of course this has meant our office team has had to grow too. In 2011 Music Therapist Cathy Rowland became our Clinical Advisor to Local Partners. This meant that we could be true to our word, offering on-going, long-term support to care workers and teachers who develop their music programmes. We know that moral and professional support is key for people working under extremely challenging conditions, pioneering new ways of meeting the needs of children and adults with disabilities. Read about this type of work on pages 4-5.

And then this year we received a flood of support following our Radio 4 Appeal (See page 12). It was exciting to discover new supporters across the UK who share our belief that music makes a very real difference and staff training ensures it is a difference that lasts. The funds raised from this appeal were incredibly timely. We have been receiving more and more requests for our work - like our Project in Beit Sahour on pages 10-11. Our Projects' Manager (Jane Robbie) has been truly tested in her ability to keep all the plates spinning. The success of our Appeal enabled us to recruit Projects' Assistant, Hannah Hulin.

So now we can respond to more requests for our work. Our focus in the near future must be to encourage people who like what we do to pledge a regular donation to our work. Knowing this monthly or annual support is in place means we can plan ahead and sustain what is now a thriving small charity.

If our work inspires you; if our Local Partners’ stories impress you as much as they do me, please consider making a regular pledge of support using the form at the end of this Annual Report. Thank you

Alexia Quin, Director
Long-term Support

Music as Therapy International is passionate about sustainability. We really are! We might be able to offer music therapy to children or adults with special needs for a few weeks, but isn’t it more important that local people can do the same thing for much longer? Our work in Romania, since 1995, is a real testimony to the creative ways we offer this long term support.

“I continued this work because I was supported by Music as Therapy International for 12 years. The musical instruments that helped me carry out the work, were donated by Music as Therapy International. The continuous effort done by them and me made this collaboration sustainable over time. It has helped us give sense to the life of abandoned people that didn’t have any hope of someone reaching out to them”
Aura Filip - Local Partner since 2000

“I have gained confidence in what I do. Thank you for your encouragement, support and belief… I intend to continue holding music sessions with all the children with whom I work at the recuperation centre.”
Claudia, Distance Learning Student 2012

One Local Partner, Mirela has been running music sessions at her old place of work since 2004. She set up 'VivArt', an arts therapy centre in Timisoara last year. Knowing the benefits regular music sessions have for children with special needs, she appealed for our support to help her introduce a music programme there. Music as Therapy International provided Mirela and the children attending the centre with a wide range of musical instruments and written resources to enable them to enjoy regular music sessions together.

“Thank you so much for recognising our work. It will be a great joy for the children but also a huge surprise. In fact your e-mail came at just the right time as we are in discussions with the association in Arad for children with autism who would like to begin music sessions. We have been working with a boy with Down’s Syndrome for four years, who loved our huge drum but now we only have a small bongo. He will be delighted with the new one when it arrives!”
Mirela Naviglu - Local Partner since 2004

In 2013 we are launching our Musical Instrument Fund: After years of hearty use, inevitably musical instruments bend and break. Our Local Partners can apply to the Fund to replenish their instrument collections to keep their music programmes going for a long time yet.

For more information on our work in Romania, visit our website and click on the Romanian flag.
Short-term Support

In 2011, we returned to support our Local Partners working with children with disabilities in the Cyangugu district. This visit was an opportunity to share their successes and help them address any challenges they had encountered.

We have also thought about how to support their music programmes from a distance. There have been support meetings and guidance by email. Sometimes just knowing that other people are interested what you are doing is enough to keep you going when progress in the children is slow, or you are feeling isolated.

We are now creating on a DVD that will showcase their music work and will be used to train others in Rwanda who see music could help them meet the social and emotional needs of children.

We will return to Rwanda in 2013 to help our Local Partners develop their music programmes and offer introductory music as therapy training in another area of the country.

We also offered short-term support to our Local Partners in Public School No. 200 in Tbilisi, Georgia. The staff and children were thrilled to see Music Therapist Alastair Robertson return and the visit cemented their commitment to a highly successful music programme.

“It's been six months since Sarah and Alastair's visit and in that period the children are given musical therapy sessions. The therapy is a novelty for our school but after six months we have already had a result. Musical sessions turned out the best way for engaging children to have motivation, encouragement and inspiration.

The parents, teachers and educators mention that these sessions help the children in their mental, emotional and social development. The children became more active, communicative and more open. They are not reserved anymore and they even are the initiators sometimes. The Music as Therapy project is one of the most successful in Georgia. Our school is grateful to all who took part.”

Marina Ujmajuridze
Director of Tbilisi Public School No. 200

For more information on our work in Rwanda or Georgia, visit our website and click on the Rwandan or Georgian flag.
Immediate Needs

Our introductory training projects are, perhaps, the clearest way we respond to the immediate needs of people with disabilities around the world (see pages 10-11). But sometimes we can help meet an immediate need without delivering a project ourselves.

In the summer we provided consultancy to Tsvia Horesh, an Israeli Music Therapist who was preparing to share her skills with teachers working in a number of special schools in Myanmar.

“There is so much to say, but for now I want you to know that the work we did together was an immense help. The first, clear benefit of these talks was that I felt that I was not alone in this endeavour, and had a professional and experienced “sounding board” for my thoughts and apprehensions. Thank you Alexia and Music as Therapy International for accompanying me in this adventure!”
Tsvia Horesh

At other times we need to adjust our expectations to meet the changing immediate needs of our Local Partners: Following an introductory training project in Peru in 2011 we had hoped to be supporting our Local Partners in continuing their music sessions. But our direction had to change when the Centre lost its roof in a storm and their immediate need became one of crisis resolution. Over the past twelve months we’ve offered moral support to our Local Partners and we have just heard that they are ready to put their music skills into practice. Music sessions are starting to return to their timetable and we will nurture this in the coming year.
Our approach to meeting a very immediate need here in the UK was rewarded when we were shortlisted for an Advancing Healthcare Award for our Interactive Music-Making (IMM) Course.

IMM is a University credit-rated module which teaches people who work with children under 5 to use simple music therapy techniques to promote social communication and to identify as early as possible when a child is struggling.

“It’s the best professional development I’ve ever done”
Past Student

“As a Children’s Centre, IMM means that we can offer targeted support, early intervention and prevention. It ticks all the boxes as far as we’re concerned and we can see children and parents thoroughly enjoying it”
Children’s Centre Manager

“I had no idea how musical instruments were going to help improve my son’s speech and social skills. The paediatrician said how sociable he is for an autistic child, something I would never have expected her to say before he started Interactive Music-Making.”
Parent of a child who participated in IMM sessions

For more information on our work in the UK, visit our website and click on the Union Jack.

www.musicastherapy.org
Project Beit Sahour

In 2012, we returned to the Occupied Palestinian Territories. Beit Sahour is a Palestinian town east of Bethlehem and the Head Teacher of a school there approached Liz Coombes, the Music Therapist who had led our project in Bethlehem (2009), to see if she could deliver something similar to his staff. Opposite we've mapped out how the project unfolded.

“What an extraordinary experience. We found a warm community and people full of enthusiasm to learn new skills. The children responded to everything we offered them, while the adults were keen to practise techniques and take over as we left. It’s something we’ll never forget, and we are hoping to return in the Spring.”
Hazel Child and Teleri Dyer (Team Beit Sahour)

“We have so many trainings as teachers, and they are all about the teacher - the planning, the lesson, the thinking, the materials - but this training was the first one that taught us how to be with children, to communicate with them, be with them and help them be more confident... It is like a mother and baby, who can talk without using words.”
Local Partner: Beit Sahour
**Project Beit Sahour: Time Line**

**Dec 2011 Planning**
Liz brings her vision to Music as Therapy International and, approved by the Trustees, we decide how best we can meet the immediate needs of staff at three schools in and around Beit Sahour. The children show high levels of 'acting-out' behaviours and violence in the classroom and playground. A six-week skill-sharing project is agreed.

**Feb - Aug 2012 Local Partner Liaison**
Our Local Partners are fully involved in agreeing the dates of the project, helping source accommodation for our volunteers and preparing participating staff for what lies ahead. Liz Coombes visits the schools.

**Sep 2012 Overseeing**
Liz accompanies Hazel and Teleri for the first week of their project. She helps them find their feet in the schools and in the town, leaving them ready to run the project but remaining on call throughout.

**Nov 2012 Debriefing**
The Music as Therapy International team, Liz, Hazel and Teleri meet to reflect on the challenges and successes of the project. What do the Local Partners need next if their music programme is to continue? The team’s recommendations will be approved by the Trustees and shape our activities in 2013.

**Feb - Apr 2012 Recruitment**
Music Therapists Hazel Childs and Teleri Dyer are recruited to deliver the project.

**Feb - Aug 2012 Planning**
So what exactly are we going to do? Our volunteers receive full induction into our approach to skillsharing and together we plan what instruments are needed, how the skill-sharing will be delivered and any cultural considerations we need to be aware of. Musical instruments are bought and volunteers pack their bags!

**Sep - Oct 2012 Project Delivery**
Hazel and Teleri deliver music sessions to the groups. At first the teachers observe, gradually becoming more involved until, they are leading their own music sessions. Their progress is tracked on the team’s blog, the training is fully documented and the team return – exhausted!
This Annual Report summarises significant growth for Music as Therapy International. Growth that we have only been able to fund through the generosity of a huge number of people. They were kind to us in 2011-12.

But what in 2013? It isn’t that we don’t appreciate the individual endeavours. You can see on the next page how amazing they are. Every one of them boosts our team, as well as funds our activities. It’s just that we don’t necessarily know when they are going to happen.

This leaves our future uncertain, however successful our past has been.

The only solution to this is to build the number of regular supporters we have. So please, think about showing your support with a small regular donation. The form you need to do this is included over the page.

“He counts the days left till therapy day. He talks a lot about the drum. He is aware of the other children and he feels very well here. His emotional state is much improved.”
Parent of a child working with one of our Distance Learning students in Romania

It costs us £10 a month to make this happen for this one child.

Thank you.

In 2011, we were delighted to be awarded a BBC Radio 4 Charity Appeal slot. This gave us two minutes of airtime to tell our story and appeal to the Radio 4 audience for support (You can still hear our appeal via our website).

We are indebted to actress, Imelda Staunton who presented our appeal and we are indebted to all the listeners, our existing supports and new. Opening the cheques as they came in is an experience we’ll never forget. We raised a total of nearly £15,000 which has well and truly opened a door that can help Music as Therapy International and its projects develop into 2013.
Individual Endeavours

Thank you to Chris Jones for raising money for our newest project in Beit Sahour with a charity bike ride.

Nicky Haire (Project Rwanda) put on a charity concert in Cambridge in aid of our continuing work in Africa.

Thank you to Matt O’Connor and his amazing effort in the Robin Hood Half Marathon!

Once again, Iveagh Parker held a plant sale in aid of Music as Therapy International. His efforts are always so wonderful and we really appreciate the support!

Congratulations to Lavinia and Michael Taylor who married this year and asked their friends and family to donate to charity rather than give them wedding gifts!

2012 is going out with a bang. The students of Riverside Primary School have released a Christmas single in aid of Music as Therapy International.

Our Projects’ Manager, Jane and her friend Amanda James rode 52 miles around East Sussex raising an impressive £1200!

We were very excited when artist Giles Smallwood decided to sell a selection of wonderful paintings with all the proceeds going to us!

We also received our first legacy. The money received was a complete surprise and we were touched that we were chosen to receive part of someone’s estate.

www.musicastherapy.org
In 2011 we fulfilled our commitment to new projects, as well as continuing existing ones. In addition to this we have a growing number of Local Partners to whom we offer on-going professional and moral support. This step of growth was reflected in our expenditure: £56,216 (compared to £46,615 in 2010). Importantly we continue to spend little more than 25% of our total costs on fundraising and core office expenses. Unfortunately we were unable to increase our income proportionately. We had reserves we could draw on but this is obviously not sustainable. Whilst 2012 has been a fundraising success, our priority must be to encourage people who like what we do to pledge their regular support.
Give Regularly by Standing Order

If you are able to support our work, please fill out the form below and send to:
Music as Therapy International, The Co-op Centre, 11 Mowll Street, London SW9 6BG

Full Name: ________________________________________________________________

Name of bank/building society: _____________________________________________

Address of bank/building society: ____________________________________________

Postcode: ______________________________ Branch sort code: __ __ /__ __ /__ __

Account number: __________________________________________________________

Please pay: £5□ £10□ £15□ Other £ ______________ Weekly/Monthly/Annually
(delete as applicable)

Starting from __ __/__ __ / __ __ and until further notice, debiting my account.

To National Westminster, Bloomsbury Parrs, Sort Code: 60-30-06
Account No: 36880043 CAF/Music as Therapy, quoting with each payment FS1273.

Want to make your donation go further?

☐ I would like Music as Therapy International to reclaim tax on my donations and I
   pay an amount of income tax or capital gains tax equal to the tax reclaimed on my
donation (25p in every £1).

Name: ___________________________________________________________________

Address: _______________________________________________ ______________ _ _ _ _ _

_________________________________________________________________________ _ _

___________________________________ Postcode: ________________________

Signed: _________________________________ Date: _______________________________
None of our achievements would be possible without the generous financial support of both our major sponsors (see list below) and those loyal individuals who give generously on a regular basis. Such pledged donations make a difference to how effectively we can plan. They remain anonymous but their contribution will not be forgotten.

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