

MUSIC THERAPY LAMBETH

England & Wales · Charity number 1155566

Details

Other names MTL

Status Registered

Legal form CIO

Registered 2014-01-30

Register [View on the Charity Commission register](#)

Contact

Address 9 Talmage Close
Tyson Road
London
SE23 3AE

Phone 07946385224

Email musictherapylambeth@outlook.com

Website www.musictherapylambeth.org.uk

Activities

Objects: TO PROMOTE FOR THE PUBLIC BENEFIT MUSIC THERAPY FOR THE RELIEF OF PHYSICAL AND MENTAL ILLNESS AND DISABILITY, THE ALLEVIATION OF DEVELOPMENTAL, EMOTIONAL, SOCIAL AND BEHAVIOURAL DIFFICULTIES AND THE PROTECTION AND PROMOTION OF GOOD HEALTH OF CHILDREN AND ADULTS IN PARTICULAR BUT NOT EXCLUSIVELY IN THE LONDON BOROUGH OF LAMBETH.

Activities: Delivering music therapy to the most needy children and families in nurseries, primary schools and special schools across Lambeth. This work addresses a range of emotional, behavioural, learning and communication needs experienced by Lambeth children, often with a focus on children from Black and Minority Ethnic and newly migrant communities.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Lambeth

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-04	£71,627	£96,798	-	-
2024-04-04	£107,648	£91,888	-	-
2023-04-04	£99,040	£99,730	-	-
2022-04-04	£99,318	£92,814	-	-
2021-04-04	£76,762	£70,206	-	-

Trustees

Name	Role	Appointed
Alphonso Archer		2024-12-03
Andrea McKay		2025-01-13
Dr Isaac Shieh		2025-03-04
Dr Juliette Claire Wratten		2025-01-13
ERIKA ANGELIQUE DAWKINS BA		2013-09-13
THE REVEREND ALISON KENNEDY		2014-11-24

MUSIC THERAPY LAMBETH

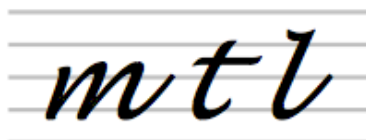
England & Wales - Charity number 1155566

Accounts

4REGISTERED CHARITY NUMBER: 1155566

**Report of the Trustees and Financial Statement
Year ended 04 April 2025**

Music Therapy Lambeth



MUSIC THERAPY LAMBETH

Music Therapy Lambeth

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Annual Report and Financial Statement Year ended 04 April 2025

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Music Therapy Lambeth

Welcome from the Chairperson

Music Therapy Lambeth's annual report summarises the charity's achievements and challenges for the year ending April 2025. This last year has represented a period of significant change and turnover within the trusteeship. This has been due in part to the successful introduction of a new mechanism for recruiting trustees through Reach Volunteering, which enabled several long-serving and dedicated trustees to step down. Although this transition required considerable focus, our four new trustees bring renewed energy and ideas to support the continued growth of the charity.

Music Therapy Lambeth's focus remains centred on providing services that address the emotional, social and health needs of children, their families, and adults across Lambeth communities. There continues to be a particular commitment to meeting the diverse needs of Black and Minority Ethnic, migrant and asylum-seeking communities.

MTL aims to deliver excellent therapy provision through the continued integration of effective practices developed during the pandemic, many of which remain valuable in current service delivery. The learning and adaptive implementation of these approaches has been key to shaping the strategic direction of MTL as we address present needs and plan for future provision.

As reflected throughout this report, the past year has also seen a deepening of MTL's commitment to cultural humility and to understanding the diverse communities we serve. Our work continues to centre the lived experiences of children and families across Lambeth, many of whom come from marginalised, migrant or newly arrived backgrounds. Through whole-class music sessions, nursery singing groups and enhanced community partnerships, MTL has strengthened its ability to respond sensitively and appropriately to the cultural contexts of each setting. Active collaboration with school staff and community professionals has been essential to this progress, ensuring that our therapeutic practice remains grounded in the insights and strengths of the communities we support.

Looking ahead, MTL has exciting opportunities as a developing charity. It continues to grow and go from strength to strength in response to, and in anticipation of, service users' needs. Working in partnership with nurseries, schools, colleges and community groups remains central to this growth and has proved highly successful to date. This annual report demonstrates the impressive achievements of the charity during this year—particularly the flexibility of operations and therapeutic practice in meeting the needs of diverse service users and partners, while maintaining a highly qualified, motivated and committed therapy team.

MTL's Board of Trustees will continue to meet regularly, both in person and online, with additional contact for focused projects. The value of the strategy away day has been recognised, and this will now form part of our annual calendar. Sincere thanks go to all trustees for their dedication and support over the past year, with special thanks to Steve Gillard for his many years of hard work and commitment to the development of MTL.

ON BEHALF OF THE BOARD

DIRECTOR

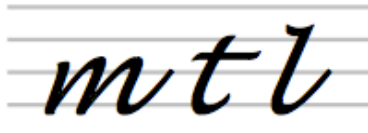
Alphonso Archer (Chairperson)

Katherine Jones



Date: 16/11/25

Date: 16/11/25



MUSIC THERAPY LAMBETH

Report of the Trustees Year ended 04 April 2025

The trustees present their report with the financial statements of the charity for the year ended 04 April 2025. The trustees have adopted the provisions of the Statement of Recommended Practice for accounting and reporting by charities (2019) in preparing this report.

Objectives and Aims

The object of Music Therapy Lambeth (MTL) is to promote for the public benefit music therapy for the relief of physical and mental illness and disability, the alleviation of developmental, emotional, social and behavioural difficulties, and the protection and promotion of good health of children and adults in particular but not exclusively in the London borough of Lambeth.

The stated aims of MTL are:

- To provide a high quality, needs-led Music Therapy service for children and adults primarily within but not limited to the London borough of Lambeth
- To promote the growth and development of a comprehensive Music Therapy service primarily within but not limited to the London borough of Lambeth
- To focus on delivering safe practice within the guidelines and regulations of the British Association of Music Therapists (BAMT) and Health & Care Professions Council (HCPC)
- To liaise with other stakeholders to ensure communication and teamwork are key to sound service development and delivery

Significant Activities

This Trustees' Report provides an overview of MTL's activities in the year to 04 April 2025. Our core activity is specialist, needs-led delivery of services to children and families in nurseries, primary schools, special schools and colleges across Lambeth. Our service addresses a range of emotional, behavioural, learning and communication needs experienced by children and adults in Lambeth, often with a focus on people from Black and Minority Ethnic and newly migrant communities. We aim to continually evolve our cultural humility and awareness as a core component of our practice.

We continue to expand our focus and extend our reach to more children and families across the borough through whole class or nursery singing groups and music sessions supporting the wellbeing of the whole school community. Active engagement with school staff is key as they provide a wealth of cultural knowledge appropriate for our community and are a cornerstone of this work.





Personnel

In the Spring term Lucy Osborne stepped down from her role at Triangle/Effra nursery to better manage her workload. We advertised her post through BAMT (British Association of Music Therapists), received 10 strong applications, interviewed 4 therapists and successfully recruited Jayro Viapree on 14/2/25. Jayro is of black African heritage bringing further diversity of cultural perspectives and knowledge to the team. The total number of Music Therapists employed by MTL increased to seven during 2024/25 (a total of 2.1 Full Time Equivalent (FTE) posts).

All therapists have regular external clinical supervision paid for by MTL as well as paid time for management supervision with the Director.

Over the course of the year a volunteer has continued to provide administrative assistance to the Director and Committee.

We continue to work in partnership with and support student placements from Guildhall School of Music and Drama. This year we hosted Tarun Mammen at Harris Academy Clapham, supervised by John Morcom.

Safeguarding

All therapists have current DBS checks which are regularly checked by the Director. They also undertake safeguarding training at least every 3 years with updates each year on any changes linked to recent legislation. The Director has level 4 safeguarding training which will be updated every 2 years.

Any safeguarding concerns are reported directly to schools Designated Safeguarding Lead in the first instance but can be shared with the Director if additional support is required. Safeguarding concerns are logged securely both by the therapist and discussed and logged within management supervision.

New Trustees

The new trustees recruited and voted in this year are:

Alphonso Archer, Claire Wratten, Isaac Shieh and Andrea McKay. Trustee details are provided in an appendix at the end of the report.

An away day for new trustees has been planned for Summer 2025 at the National Theatre to provide an introduction to Music Therapy, review the trustees skills and interests and vote on trustee roles.

Research hub

Dr Kate Jones continues to progress her research into Music Therapy and Selective Mutism (SM), building evidence towards an application for funding for a Randomized Controlled Trial. The current feasibility and acceptability study progressed successfully with four Music Therapists providing Music Therapy to four children with SM in Lambeth schools using a manualised approach written by Kate. Kate then interviewed 4 parents, the 4 therapists and 4 staff members, transcribed and analysed the interviewed according to feasibility and acceptability components. The results demonstrated strong feasibility and acceptability perhaps in part due to being located in Lambeth and the familiarity with MTL and prior Music Therapy and SM research. 3 children spoke in sessions and all 4 then spoke in their school environment. In the next year Kate will apply for funding for a randomised controlled trial from the National Institute for Health Research (NIHR). This will hopefully include Lambeth as a site for the trial.



Therapist training days

MTL provided three twilight sharing sessions via zoom and three in-person training sessions for its music therapists. Two in-person training sessions took place at the National Theatre and one was an open collaborative training taking place at Brixton Windmill Education Centre. Hire of the space was shared with BAMT. Topics and activities over the year have included:

- A group improvisation
- Reflections on a post-NICU support group
- Music, drawing and narrative for well-being
- Reflections on MATADOC training (Music Therapy Assessment Tool for Disorders of Consciousness)
- Reflections on verbal material in sessions and DBT-A (Dialectical Behavioural Therapy for Adolescents)
- Families in therapy. Dynamics and discussion of an article by Claire Flower

Change in Bank Account

During the Autumn and Spring term the Director set up and switched the Music Therapy Lambeth bank account from Barclays to the Cooperative Bank. This required considerable work and planning especially when thinking about the timing of the switch in relation to operational procedures. However, this all went well and we now have four trustees set up to authorise payments on the new account with Erika Dawkins taking the main responsibility for this.

Achievements

During 2024/25 there were a total of 356 direct public beneficiaries of MTL's activities (recipients of music therapy) including 276 children (aged 0-16) and 11 young adults, 27 parents and 42 members of staff. This increase has been due to a return to pre-pandemic numbers of children within school services and the continued development of group and whole class sessions and parent inclusion in sessions.

Please see appendix 2 for a case study of from our family group work

MTL Strategy 2025/26

For the forthcoming year, 2025/26, the charity has the following strategic objectives:

- To maintain our focus on equality, diversity and inclusion issues including improving the knowledge and resources of our therapy team
- To mitigate against risk of potential reduction of services by expanding our clinical capacity through meeting with Headteachers of school federations (e.g Harris Academies) and by writing funding applications.
- To maintain and improve our public image through a range of activities e.g clinical sharing days and mini conferences
- To maintain a high standard of governance of the charity through regular reviews of policies and procedures and recruitment of new trustees and members
- To follow the HCPC guidelines on standards of practice and:
 - ensure that backstage activity behind the running of the organisation is conducted with respect
 - encourage all team members to take up leadership roles within the organisation
 - conduct Annual Personal reviews with therapists which include wellness goals
 - support therapists to keep up to date with new technology
- To continue our focus on community and family centred Music Therapy provision
- To enhance transdisciplinary practice, involving staff in generalisable MT techniques
- To continue to support the increase and improvement of musical activities in all settings to create positive relationships, a sense of community and to reduce anxiety levels.

Music Therapy Lambeth

Registered Charity Number

1155566

Principal Address

9 Talmage Close
Forest Hill
London
SE23 3AE

Trustees

Alphonso Archer -voted in 12/24
Ms Erika Dawkins
Ms Victoria Lord (Chair)
Rev Alison Kennedy
Dr John Strange (Secretary) -until 11/24
Ms Mary Suphi -until 01/25
Isaac Shieh -voted in 03/25
Andrea McKay-voted in 01/25
Claire Wratten- voted in 01/25

Management Committee Members

Ms Erika Dawkins (Trustee)
Dr Katherine Jones (Director, MTL)
Mr Steve Gillard (Volunteer)
Rev Alison Kennedy (Trustee -Safeguarding lead)
Ms Victoria Lord (Trustee - Chair)
Dr John Strange (Trustee - Secretary)
Ms Mary Suphi (Trustee)

Independent Examiner

CHARLES OSEI, BSc, MSc, FCIE, MCIPP, AFA, ATA
CHARITY INDEPENDENT EXAMINER / ACCOUNTANT
FLAT 3, 11 ROCHDALE WAY
LONDON
SE8 4LY

Banker until 1st Jan 2025

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

Banker from 1st Jan 2025

Cooperative Bank
1 Balloon Street,
Manchester,
United Kingdom,
M4 4BE

Governing Document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation.

Reserves Policy

MTL has a Reserves Policy that specifies that MTL will aim to build and maintain sufficient reserves to support core running costs for a period of up to 4 months (one school term) and try to ensure, that in the event of unexpected withdrawal of funds, economic crises and other unforeseen circumstances, the continuity of existing music therapy provision for vulnerable children and adults is brought to a safe conclusion. As of 04 April 2025, MTL's reserves stood at a total of £9542. Our spend was £96,798 by 04 April 2024. Therefore, we hold 30% in reserves, estimating against an approximate £32,266 for one school term's (4 month) spend.

Appendix- Details of new trustees

Alphonso Archer



Alphonso became a trustee of Music Therapy Lambeth in 2024. He is a music therapist with a specialism in autism and mental health, and a longstanding commitment to social justice. Alphonso brings several years of experience developing therapeutic music provision in special education, working with children with autism, selective mutism, and complex needs. He has also worked with adults living with cancer, drawing on his personal experience of recovery from prostate cancer.

A multi-instrumentalist, Alphonso's core instruments are piano and guitar. He is passionate about songwriting, composing, and free improvisation, often using these approaches to create meaningful connections in his therapeutic work.

Before retraining as a therapist, Alphonso had a 25-year career in technology and built a diverse entrepreneurial portfolio. He founded *Brazilian Soccer Schools Calne*, a technical football coaching programme, and later developed *Muso Mirror*, a music stand mirror designed to support posture and focus for instrumentalists, which is now evolving into an interactive smart device.

Alphonso is also a dedicated open water swimmer and is currently training to swim the English Channel in support of prostate cancer and autism research. He hopes to become the first Jamaican to complete the crossing. Alphonso holds a Master's degree in Music Therapy (Distinction), and his practice is informed by trauma-informed, psychodynamic, and culturally aware approaches. He is deeply committed to the power of music to connect, heal, and create new possibilities.

Andrea McKay

Andrea is a teacher and SENDCo at a maintained early years setting; which applies music therapy as a therapeutic intervention for children and families.

Being an avid music fan and salsa dancer, Andrea is personally aware of the power of music to heal and move the spirit. As a newly appointed trustee, Andrea is keen to contribute her years of experience working with children and families to the MTL organisation. Outside of work, Andrea also enjoys cycling and implementing principles of wellness in her day to day life.

Claire Wratten



Claire has been a trustee at MTL since January 2025. Claire trained as a doctor and worked for several years in the NHS before completing a Masters in Medical Law and Ethics and switching career to work for a discretionary mutual organisation that assists medical and dental professionals with medico-legal issues arising from their work. Claire has always been interested in the benefits music brings to children and adults alike, and enjoys working with a charity that enables individuals living in her local area to benefit from participating in music therapy.

Isaac Shieh



Isaac Shieh is a New Zealand hornist, collaborator and researcher of minority ethnic Chinese background. Isaac was a Musician in Residence with Paraorchestra for 2024-25, in which he was the creative director and composer for two dance films which explore lived experiences of disability. He also collaborated with Simeon Barclay for "The Ruin" (The Roberts Institute of Art) and Ann Wall for "Fragmented" (ClimArts).

Isaac's debut solo album, *Caprice Reimagined*, was released by New Focus Recordings on 11th July, 2025 featuring 12 new commissions for solo natural horn as well as Jacques-François Gallay's *Douze Grands Caprices*. He has also appeared as a soloist at the Edinburgh International Festival, Spoleto Festival dei Due Mondi, and performed as principal horn with Academy of St Martin in the Fields, Chineke! Orchestra, Irish Baroque Orchestra, Orchestra of the Age of Enlightenment, and Paraorchestra to name a few.

As a researcher, Isaac's research areas are in composer-performer collaboration, embodiment in music performance, and disability studies. He has presented at the Royal Musical Association, European Platform for Artistic Research in Music, 12th Biennial International Conference on Music Since 1900, as well as at universities and conservatoires around the world. He was also a panelist and contributor for Society for Dance Research's upcoming book *Dance and Silence, In Conversation*.

Outside of music, Isaac is a current England International in the sport of para bowls as a director for visually impaired bowlers, and is a World Bowls Championships bronze medalist.

Appendix- Plain English Summary of family case study

One family that accessed our family group all benefitted in different ways from this particular set up. They were referred as the 3rd of their 4 children -Isaac (not his real name)- was diagnosed with Autism and experienced many behavioural difficulties that impacted his life. The family were also struggling with poor quality housing and the parents had relationship issues due to the strain.

Initially, Isaac often didn't want to attend as he found many aspects of attending nursery challenging and this was a change to the usual routine. However, after a while Isaac's attendance improved, becoming fairly consistent, and although he was generally sitting in the corner of the room away from other people he was listening to everything that was going on.

At the same time as Isaac was attending more, his mum was also forming a close bond with another mum in the group, sharing notes on their experience of supporting a child with Autism. Sometimes the mums would talk and the therapist would get on with making music with the children around them as their connection and supportive bond seemed so important.

After a few months Isaacs younger sister also joined the group, engaging easily and joyfully with all the activities without much support. -Siblings often experience some consequences of having a family member with a disability and so additional opportunities for self-expression and playfulness can be important for them- Isaac gradually appeared more at ease in the group, playing more instruments and in one of the final sessions described himself as 'musical' using a communication card.

This family showed increased engagement throughout the year with all members benefitting in different ways and creating positive connections with other families attending the sessions.

Charity Number: 1155566

MUSIC THERAPY LAMBETH

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 04 APRIL 2025

CHARLES OSEI, BSc, MSc, FCIE, MCIPP, AFA, ATA

CHARITY INDEPENDENT EXAMINER / ACCOUNTANT

FLAT 3, 11 ROCHDALE WAY

LONDON

SE8 4LY

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 04 APRIL 2025

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5	Statement of Financial Activities
6	Statement of Cash flow
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MUSIC THERAPY LAMBETH

Registered Charity No.

1155566

ORGANISATIONAL PROFILE
FOR THE YEAR ENDED 04 APRIL 2025

TRUSTEES

Ms Victoria Lord	Chair
Ms Erika Dawkins	
Rev Alison Kennedy	
Dr John Strange	Secretary
Ms Mary Suphi	

REGISTERED OFFICE:

9 Talmage Close
Forest Hill
London
SE23 3AE

BANKERS:

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

ACCOUNTANTS:

Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA, MCIPP
Flat 3, 11 Rochdale Way, Deptford London
SE8 4LY

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF MUSIC THERAPY LAMBETH

I report on the financial statements for the year ended 04 April 2025 set out on pages 4 - 12.

This report is made solely to the Trustees of Music Therapy Lambeth, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP. My work has been undertaken so that I might state to the Trustees matters I am required to state to them in an independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

Respective responsibilities of Trustees and independent examiner

As charity trustees of the organisation and for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and under Part 16 of the 2006 Act, and that an independent examination is needed.

I report in respect of my examination of the Charity's accounts carried out:-

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS
TO THE TRUSTEES OF MUSIC THERAPY LAMBETH**

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA , MCIPP
Flat 3, 11 Rochdale Way Deptford London SE8 4LY

Date: 13/11/2025

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

BALANCE SHEET
AS AT 04 APRIL 2025

	<u>Notes</u>	<u>2024/25</u>	<u>2023/24</u>
		£	£
Fixed Assets		-	-
Current Assets			
Debtors		-	-
Cash at Bank and in hand	3	9,542	34,713
Creditors			
Amount due within One Year			
Other Creditors		-	-
Net Assets/Liabilities		<u><u>9,542</u></u>	<u><u>34,713</u></u>
Reserves			
General Funds		9,542	34,713
Restricted Funds:		0	-
		<u><u>9,542</u></u>	<u><u>34,713</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue onand were signed on its behalf by:

.....
Chair

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 04 APRIL 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2024/25 Total Funds £	2023/24 Total Funds £
Incoming Resources					
Fees for charitable services (therapy)	2	71,527	0	71,527	99,674
Research Grant		0	0	-	6,000
Repayment		-	-	-	1,974
Other Income		100	-	100	0
Total Income		<u>71,627</u>	<u>0</u>	<u>71,627</u>	<u>107,648</u>
Expenditure:					
Resources expended	3	96,798	-	96,798	91,888
Raising Funds		-	-	-	-
Total Expenditure		<u>96,798</u>	<u>0</u>	<u>96,798</u>	<u>91,888</u>
Resources retained for further use		(25,171)	-	(25,171)	15,760
Transfer between Funds		-	0	-	0
Net Movement in Funds					
Reconciliations of Funds					
Brought forward 05/04/2024		34,713	-	34,713	18,952
Carried forward 04/04/2025		<u>9,542</u>	<u>0</u>	<u>9,542</u>	<u>34,713</u>

The company made no recognised gains and losses other than those reported in the income and expenditure account.

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

STATEMENT OF CASHFLOWS
FOR THE YEAR ENDED 04 APRIL 2025

	Notes	2024/25 £	2023/34 £
Cash flows from operating activities			
Cash generated from operations	11	(25,171)	15,760
		<hr/>	<hr/>
Net cash (used in)/provided by operating activities		(25,171)	15,760
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		(25,171)	15,760
Cash and cash equivalents at the beginning of the reporting period		34,713	18,952
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		9,542	34,713

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2025

1. Accounting Policies

Basis of Preparation.

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. Reference to the "Charities SORP" refers to the Charities SORP (FRS 102): Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland. 2nd edition effective 1 January 2019.

1a. Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1b. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is possible that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1c. Government grants

Government grants are credited to the Statement of financial activities as the related expenditure is incurred.

1d. Fund accounting

Unrestricted Funds are receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor.

Designated Funds are unrestricted funds but earmarked by the trustees for particular purposes.

MUSIC THERAPY LAMBETH

Registered Charity No. 1125746

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2025

1e. Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1f. Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at amount prepaid.

1g. Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1h. Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

1i. Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1j. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The Charity does not currently have any significant accounting estimates or areas of judgement.

1k. Tangible Fixed Assets

Equipment and other tangible fixed assets are capitalised when the cost is £500 or more

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - straight line over 3 years

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2025

2 Incoming Resources	Unrestricted	Restricted	Total	Total
	2025	2025	2024/25	2023/24
	£	£	£	£
Effra Income	2,948	-	2,948	-
Elm Court	9,271	-	9,271	-
Ethelred	3,168	-	3,168	-
Harris Academy	13,342	-	13,342	-
Larkhall	14,549	-	14,549	-
Maytree Nursery	7,078	-	7,078	-
Nido Volans	9,156	-	9,156	-
BAMT S. L Area Group	120	-	120	-
City of London	900	-	900	-
Triangle	2,784	-	2,784	-
Fees for Charitable Services	-	-	-	107,648
Holmewood Nursery School	8,211	-	8,211	-
	71,527	-	71,527	107,648

3 Resources Expended	Unrestricted	Restricted	Total	Total
	2025	2025	2024/25	2023/24
	£	£	£	£
Service provision	84,870	-	84,870	74,111
Management & administration	4,919	-	4,919	14,955
Professional supervision	1,589	-	1,589	1,301
BAMT Expenses	120	-	120	-
Musical instruments	-	-	-	56
DBS checks	-	-	-	159
Independent examiner	300	-	300	300
Subsistence	-	-	-	68
Website hosting	-	-	-	-
Zoom subscription	-	-	-	144
Research consultancy	5,000	-	5,000	794
Total resources expended	96,798	-	96,798	91,888

	2025	2024
	£	£
4 Cash at Bank and in Hand	9,542	34,713

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 04 APRIL 2025

5 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted fund	2025 Total funds	2024 Total funds
	£	£	£	£
Fixed assets	-	0	-	0
Current assets	9,542	-	9,542	34,713
Current Liabilities	0	0	0	0
TOTAL	<u>9,542</u>	<u>-</u>	<u>9,542</u>	<u>34,713</u>

6 MOVEMENT IN FUNDS

	At 5.4.24	Net movement in funds	At 4.4.25
	£	£	£
Unrestricted funds			
General fund	34,713	(25,171)	9,542
Restricted funds			
Restricted fund	-	-	-
TOTAL	<u>34,713</u>	<u>(25,171)</u>	<u>9,542</u>

Net movement in funds, included in the above are as follows:

	2025 Incoming resources	2025 Resources expended	2025 Movement in funds
	£	£	£
Unrestricted funds			
General fund	71,627	96,798	(25,171)
Restricted funds			
Restricted fund	0	0	0
TOTAL FUNDS	<u>71,627</u>	<u>96,798</u>	<u>(25,171)</u>

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2025

MOVEMENT IN FUNDS - continued

7 Comparative net movement in funds, in prior year 12 months included in the above are as follows:

	2024 Incoming resources £	2024 Resources expended £	2024 Movement in funds £
Unrestricted funds			
General fund	107,648	91,888	15,760
Restricted funds			
Restricted fund	-	-	0
TOTAL FUNDS	107,648	91,888	15,760

8 A current year 12 months and prior year 12 months combined position is as follows:

	At 4.4.24 £	Net movement in funds £	At 4.4.25 £
Unrestricted funds			
General fund	34,713	(25,171)	9,542
Restricted Funds			
Restricted Fund	-	-	-
TOTAL FUNDS	34,713	(25,171)	9,542

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2025

MOVEMENTS IN FUNDS - continued

9 A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Reources expended £	Movement in funds £
Unrestricted funds			
General fund	179,275	188,686	(9,411)
Restricted funds			
Restricted fund	-	-	-
TOTAL FUNDS	179,275	188,686	(9,411)

10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 04 April 2025.

11 RECONCILIATION OF NET (EXPENDIYURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net (expenditure)/income for the reporting period (as per the Statement of financial activities)	(25,171)	15,760
Adjustment for:		
Fixed Assets	0	-
Depreciation charges	-	-
(Increase)/decrease in debtors	0	0
Increase/(decrease) in creditors	0	0
Net cash (used in)/provided by operations	(25,171)	15,760

12 ANALYSIS OF CHANGES IN NET FUNDS

	At 5.4.24 £	Cash flow £	At 4.4.25 £
Net Cash			
Cash at Bank and in hand	34,713	(25,171)	9,542
	34,713	(25,171)	9,542
Total	34,713	(25,171)	9,542

MUSIC THERAPY LAMBETH

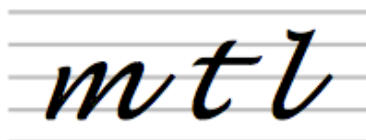
England & Wales - Charity number 1155566

Accounts

REGISTERED CHARITY NUMBER: 1155566

**Report of the Trustees and Financial Statement
Year ended 04 April 2024**

Music Therapy Lambeth



MUSIC THERAPY LAMBETH

Music Therapy Lambeth

Contents

Annual Report and Financial Statement Year ended 04 April 2024

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Report of the Trustees	4
Independent Examiner's Report	9

Music Therapy Lambeth

Welcome from the Chairperson

Music Therapy Lambeth, MTL's annual report summarises the Charity's achievements and challenges of the year ending in April 2024. During this time we have witnessed the impact of Covid-19 pandemic on a generation of children who were born during periods of lockdown and relative isolation and have now started nursery school. However, over the last few years we have evolved more community-focussed and collaborative approaches that effectively respond to this need. Intrinsic to this approach is a way of working that embeds and celebrates diverse cultural backgrounds as a key focus within our therapeutic services. The learning and adaptative implementation of certain practices such as whole nursery singing has been key to developing the strategy of MTL as we meet current needs and plan for future provision.

Music Therapy Lambeth's service provision continues to focus support on the emotional, social and health needs for children and their families, as well as young adults across diverse Black and Minority Ethnic, migrant and asylum-seeking populations.

Music Therapy Lambeth trustees and Director met again this year for an in-person away day at the National Theatre to discuss the Charity's strengths and challenges. A key focus for this year was developing a strategy for managing policy review alongside continuing to address strengthening our practice around diversity training and awareness.

Over the next year, MTL has exciting opportunities as well as challenges as a developing charity. Reliance on external funding such as the Walcot Foundation means that establishing and retaining a steady income and service depends on successful collaboration. We hope to retain our positive relationships and benefit from local funding sources. Ongoing, active partnership with local community groups such as nurseries, schools, colleges and community groups for young people and adults is a key aspect of this collaboration work and has had successful outcomes in the past.

This annual report demonstrates the impressive achievements of the charity during this year, particularly in the responsive and adaptive evolution of operations and therapy practice to meet the needs of diverse service users and partners whilst maintaining the employment of a highly qualified, motivated and committed therapy team.

MTL's Board of Trustees will continue to meet on a regular basis mainly via zoom but with regular options for in-person contact, with additional meetings and communication for focussed projects. The strategic away day for trustees and Director will continue as an ongoing feature. Many thanks to all trustees for their dedication and support over the last year. With special thanks to Steve Gillard, for his hard work and commitment to the development of MTL for many years.

ON BEHALF OF THE BOARD



Victoria Lord (Chairperson)

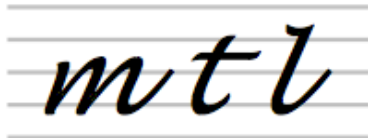
Date: 01/12/24

DIRECTOR



Katherine Jones

Date: 01/12/24



MUSIC THERAPY LAMBETH

**Report of the Trustees
Year ended 04 April 2024**

The trustees present their report with the financial statements of the charity for the year ended 04 April 2024. The trustees have adopted the provisions of the Statement of Recommended Practice for accounting and reporting by charities (2019) in preparing this report.

Objectives and Aims

The object of Music Therapy Lambeth (MTL) is to promote for the public benefit music therapy for the relief of physical and mental illness and disability, the alleviation of developmental, emotional, social and behavioural difficulties, and the protection and promotion of good health of children and adults in particular but not exclusively in the London borough of Lambeth.

The stated aims of MTL are:

- To provide a high quality, needs-led Music Therapy service for children and adults primarily within but not limited to the London borough of Lambeth
- To promote the growth and development of a comprehensive Music Therapy service primarily within but not limited to the London borough of Lambeth
- To focus on delivering safe practice within the guidelines and regulations of the British Association of Music Therapists (BAMT) and Health & Care Professions Council (HCPC)
- To liaise with other stakeholders to ensure communication and teamwork are key to sound service development and delivery

Significant Activities

This Trustees' Report provides an overview of MTL's activities in the year to 04 April 2024. Our core activity is specialist, needs-led delivery of services to children and families in nurseries, primary schools, special schools and colleges across Lambeth. Our service addresses a range of emotional, behavioural, learning and communication needs experienced by children and adults in Lambeth, often with a focus on people from Black and Minority Ethnic and newly migrant communities.

Our expanded focus post-pandemic reaches more children across the borough through our whole class or nursery singing groups to support the wellbeing of the whole school community. This is enhanced by our active engagement with school staff who also provide a wealth of cultural knowledge appropriate for our community.



Personnel

Our new therapists John Morcom and Hannah Merchant have remained with our team and we are pleased at the different perspective and energy that these therapists have brought to the team. The total number of Music Therapists employed by MTL remained at six during 2023/24 (a total of 2.1 Full Time Equivalent (FTE) posts). Over the course of the year a volunteer has continued to provide administrative assistance to the Director and Committee.

An away day for trustees was planned for April 2024 at the National Theatre with ongoing discussions on the following topics:

- recruitment,
- diversity,
- management,
- succession planning

with an additional focus on:

- policy review

Management responsibility and long-term sustainability

As part of the Annual review process, two therapists requested additional responsibility and have taken on some management supervisory roles for the newer members of staff. This has required some planning and monitoring around expectations but generally this has been going well.

Research hub

Dr Kate Jones continues to progress her research into Music Therapy and Selective Mutism, building evidence towards an application for funding for a Randomized Controlled Trial. The current feasibility study included some stakeholder work within Lambeth. This involved extensive liaising with the Speech and therapy team who currently provide the main intervention with children with Selective Mutism in the borough. This was a positive and enriching collaboration with the SLT team with some helpful resource sharing.

Later in the year Kate presented her study to an enthusiastic SENDCo network meeting in Lambeth. SENDCos referred Lambeth children to the project during the presentation and have been part of planning the therapy input which will begin in April. New therapists have been recruited to participate in this study and received a comprehensive training on 27th January. This included an additional component provided by Alphonso Archer to improve understanding and practice in relation to our students from global majority backgrounds.

Therapist training days

MTL provided three twilight sharing sessions via zoom and three in-person training sessions for its music therapists. The in-person training sessions took place at the National Theatre and included:

- Music and drawing for self-care,
- *Skills sharing in different settings,*
- *Trauma informed record keeping and reflections on use of words in therapy sessions.*
- Staff training & tricky conversations in Family group work
- Supporting the grief process for SLD & PMLD students,
- music and technology

Visit from Andrew Langford CEO of the British Association of Music Therapists (BAMT)

At our Spring training day we were visited by the CEO of BAMT, Andrew Langford, who shared information about:

- work with the Musicians union to get more music in schools
- Allied Health Professionals- inequities of placements tariff for student placements. Other AHPs have funding and we don't.
- Developing student bursaries.

- MT apprenticeship courses. Ulster university are thinking of developing one which might start in 2026- much more accessible- also in Gloucestershire
- Officially becoming members of the psychological professions. Would offer career development and we would be able to call ourselves Music Psychotherapists.



Achievements

During 2023/4 there were a total of 336 direct public beneficiaries of MTL's activities (recipients of music therapy) including 252 children (aged 0-16) and 17 young adults, 25 parents and 42 members of staff. This was a slight decrease on the previous year due to one of the nursery schools amalgamating with another due to low numbers of children on roll due to a drop in the birth rate in Lambeth.

MTL Strategy 2024/25

For the forthcoming year, 2024/25, the charity has the following strategic objectives:

- To maintain our focus on equality, diversity and inclusion issues including improving the diversity of our therapy team
- To maintain and improve our public image through a range of activities e.g clinical sharing days and mini conferences
- To improve our online banking capacity through a switch to a preferable community bank account and set up a larger number of authorised signatories
- To maintain a high standard of governance of the charity through regular reviews of policies and procedures and recruitment of new trustees and members
- To follow the new HCPC guidelines on standards of practice and:
 - ensure that backstage activity behind the running of the organisation is conducted with respect
 - encourage all team members to take up leadership roles within the organisation
 - conduct Annual Personal reviews with therapists which include wellness goals
 - support therapists to keep up to date with new technology
- To continue our focus on community and family centred Music Therapy provision
- To enhance transdisciplinary practice, involving staff in generalisable MT techniques
- To continue to support the increase and improvement of musical activities in all settings to create positive relationships, a sense of community and to reduce anxiety levels.
- To review policies and procedures for recruiting and retaining volunteers and trustees.

Music Therapy Lambeth

Registered Charity Number

1155566

Principal Address

9 Talmage Close
Forest Hill
London
SE23 3AE

Trustees

Ms Erika Dawkins
Ms Victoria Lord (Chair)
Rev Alison Kennedy
Dr John Strange (Secretary)
Ms Mary Suphi

Management Committee Members

Ms Erika Dawkins (Trustee)
Dr Katherine Jones (Director, MTL)
Mr Steve Gillard (Volunteer)
Rev Alison Kennedy (Trustee - Safeguarding lead)
Ms Victoria Lord (Trustee - Chair)
Dr John Strange (Trustee - Secretary)
Ms Mary Suphi (Trustee)

Independent Examiner

Charles Osei, BSc, MSc, ACIE, MCIPP, AFA, ATA
Charity independent examiner/accountant
Flat 3, 11 Rochdale Way,
LONDON
SE8 4LY

Banker

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

Governing Document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation.

Reserves Policy

MTL has a Reserves Policy that specifies that MTL will aim to build and maintain sufficient reserves to support core running costs for a period of up to 4 months and try to ensure, that in the event of unexpected withdrawal of funds, economic crises and other unforeseen circumstances, the continuity of existing music therapy provision for vulnerable children and adults is brought to a safe conclusion. As of 04 April 2024, MTL's reserves stood at a total of £34,713. Our spend was £91,888 by 04 April 2024. Therefore, we hold 113% in reserves, estimating against an approximate £30,629.33 for four months of spend. This increased from 2022/23 which was 38% evaluated at 6 months of a £99,729.47 expenditure.

Charity Number: 1155566

MUSIC THERAPY LAMBETH

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 04 APRIL 2024

CHARLES OSEI, BSc, MSc, ACIE, MCIPP, AFA, ATA

CHARITY INDEPENDENT EXAMINER / ACCOUNTANT

FLAT 3, 11 ROCHDALE WAY

LONDON

SE8 4LY

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 04 APRIL 2024

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1	Legal and Administrative Details
2-3	Independent Examiner's report
4	Balance Sheet
5	Statement of Financial Activities
6	Statement of Cash flow
7-11	Notes to the Accounts

MUSIC THERAPY LAMBETH

Registered Charity No.

1155566

ORGANISATIONAL PROFILE
FOR THE YEAR ENDED 04 APRIL 2024

TRUSTEES

Ms Victoria Lord	Chair
Ms Erika Dawkins	
Rev Alison Kennedy	
Dr John Strange	Secretary
Ms Mary Suphi	

REGISTERED OFFICE:

9 Talmage Close
Forest Hill
London
SE23 3AE

BANKERS:

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

ACCOUNTANTS:

Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA, MCIPP
Flat 3, 11 Rochdale Way, Deptford London
SE8 4LY

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF MUSIC THERAPY LAMBETH

I report on the financial statements for the year ended 04 April 2024 set out on pages 4 - 11.

This report is made solely to the Trustees of Music Therapy Lambeth, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP. My work has been undertaken so that I might state to the Trustees matters I am required to state to them in an independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

Respective responsibilities of Trustees and independent examiner

As charity trustees of the organisation and for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and under Part 16 of the 2006 Act, and that an independent examination is needed.

I report in respect of my examination of the Charity's accounts carried out:-

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

MUSIC THERAPY LAMBETH

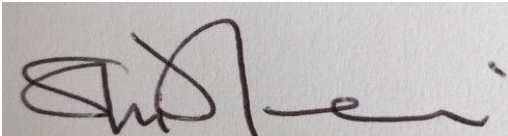
Registered Charity No. 1155566

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS
TO THE TRUSTEES OF MUSIC THERAPY LAMBETH**

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA , MCIPP
Flat 3, 11 Rochdale Way Deptford London SE8 4LY

Date 26/11/2024

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

BALANCE SHEET
AS AT 04 APRIL 2024

	<u>Notes</u>	<u>2023/24</u> £	<u>2022/23</u> £
Fixed Assets		-	-
Current Assets			
Debtors		-	-
Cash at Bank and in hand	3	34,713	18,952
Creditors			
Amount due within One Year			
Other Creditors		-	-
Net Assets/Liabilities		<u>34,713</u>	<u>18,952</u>
Reserves			
General Funds		34,713	18,952
Restricted Funds:		0	-
		<u>34,713</u>	<u>18,952</u>

The financial statements were approved by the Board of Trustees and authorised for issue on26th August 2024.....and were signed on its behalf by:

Victoria Lord

.....
Chair

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 04 APRIL 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2023/24 Total Funds £	2022/23 Total Funds £
Incoming Resources					
Fees for charitable services (therapy)		99,674	0	99,674	99,040
Research Grant		6,000	0	6,000	-
Repayment		1,974	-	1,974	-
Other Income		-	-	-	0
Total Income		107,648	0	107,648	99,040
Expenditure:					
Resources expended	2	91,888	-	91,888	99,729
Raising Funds		-	-	-	-
Total Expenditure		91,888	0	91,888	99,729
Resources retained for further use		15,760	-	15,760	(689)
Transfer between Funds		-	0	-	0
Net Movement in Funds					
Reconciliations of Funds					
Brought forward 05/04/2023		18,952	-	18,952	19,642
Carried forward 04/04/2024		34,713	0	34,713	18,952

The company made no recognised gains and losses other than those reported in the income and expenditure account.

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

STATEMENT OF CASHFLOWS
FOR THE YEAR ENDED 04 APRIL 2024

	Notes	2023/24 £	2022/23 £
Cash flows from operating activities			
Cash generated from operations	10	15,760	(689)
		<hr/>	<hr/>
Net cash (used in)/provided by operating activities		15,760	(689)
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		15,760	(689)
Cash and cash equivalents at the beginning of the reporting period		18,952	19,642
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		34,713	18,952
		<hr/>	<hr/>

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2024

1. Accounting Policies

Basis of Preparation.

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. Reference to the "Charities SORP" refers to the Charities SORP (FRS 102): Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland. 2nd edition effective 1 January 2019.

1a. Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1b. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is possible that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1c. Government grants

Government grants are credited to the Statement of financial activities as the related expenditure is incurred.

1d. Fund accounting

Unrestricted Funds are receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor.

Designated Funds are unrestricted funds but earmarked by the trustees for particular purposes.

MUSIC THERAPY LAMBETH

Registered Charity No. 1125746

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2024

1e. Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1f. Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at amount prepaid.

1g. Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1h. Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

1i. Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1j. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The Charity does not currently have any significant accounting estimates or areas of judgement.

1k. Tangible Fixed Assets

Equipment and other tangible fixed assets are capitalised when the cost is £500 or more

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - straight line over 3 years

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 04 APRIL 2024

2 Resources Expended	Unrestricted	Restricted	Total	Total
	2024	2024	2023/24	2022/23
	£	£	£	£
Service provision	74,111	-	74,111	87,906
Management & administration	14,955	-	14,955	9,555
Professional supervision	1,301	-	1,301	1,620
Musical instruments	56	-	56	-
DBS checks	159	-	159	-
Independent examiner	300	-	300	300
Subsistence	68	-	68	-
Website hosting	-	-	-	60
Zoom subscription	144	-	144	288
Research consultancy	794	-	794	0
Total resources expended	91,888	-	91,888	99,729

	2024	2023
	£	£
3 Cash at Bank and in Hand	34,713	18,952

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 04 APRIL 2024

4 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted fund	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	-	0	-	0
Current assets	34,713	-	34,713	18,952
Current Liabilities	0	0	0	0
TOTAL	34,713	-	34,713	18,952

5 MOVEMENT IN FUNDS

	At 5.4.23	Net movement in funds	At 4.4.24
	£	£	£
Unrestricted funds			
General fund	18,952	15,760	34,713
Restricted funds			
Restricted fund	-	-	-
TOTAL	18,952	15,760	34,713

Net movement in funds, included in the above are as follows:

	2024 Incoming resources	2024 Resources expended	2024 Movement in funds
	£	£	£
Unrestricted funds			
General fund	107,648	91,888	15,760
Restricted funds			
Restricted fund	0	0	0
TOTAL FUNDS	107,648	91,888	15,760

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2024

MOVEMENT IN FUNDS - continued

6 Comparative net movement in funds, in prior year 12 months included in the above are as follows:

	2023 Incoming resources £	2023 Resources expended £	2023 Movement in funds £
Unrestricted funds			
General fund	99,040	99,729	(689)
Restricted funds			
Restricted fund	-	-	0
TOTAL FUNDS	99,040	99,729	(689)

7 A current year 12 months and prior year 12 months combined position is as follows:

	At 4.4.23 £	Net movement in funds £	At 4.4.24 £
Unrestricted funds			
General fund	18,952	15,760	34,713
Restricted Funds			
Restricted Fund	-	-	-
TOTAL FUNDS	18,952	15,760	34,713

MUSIC THERAPY LAMBETH

Registered Charity No. 1155566

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 04 APRIL 2024

MOVEMENTS IN FUNDS - continued

8 A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Reources expended £	Movement in funds £
Unrestricted funds			
General fund	206,688	191,617	15,071
Restricted funds			
Restricted fund	-	-	-
	-	-	0
TOTAL FUNDS	206,688	191,617	15,071

9 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 04 April 2024.

10 RECONCILIATION OF NET (EXPENDIYURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net (expenditure)/income for the reporting period (as per the Statement of financial activities)	15,760	(689)
Adjustment for:		
Fixed Assets	0	
Depreciation charges	-	-
(Increase)/decrease in debtors	0	0
Increase/(decrease) in creditors	0	0
Net cash (used in)/provided by operations	15,760	(689)

11 ANALYSIS OF CHANGES IN NET FUNDS

	At 5.4.23 £	Cash flow £	At 4.4.24 £
Net Cash			
Cash at Bank and in hand	18,952	15,760	34,713
	18,952	15,760	34,713
Total	18,952	15,760	34,713

MUSIC THERAPY LAMBETH

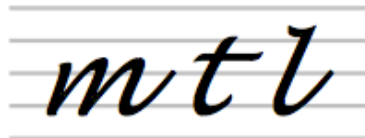
England & Wales - Charity number 1155566

Accounts

REGISTERED CHARITY NUMBER: 1155566

**Report of the Trustees and Financial Statement
Year ended 04 April 2023**

Music Therapy Lambeth



MUSIC THERAPY LAMBETH

Music Therapy Lambeth

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Annual Report and Financial Statement Year ended 04 April 2023

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Music Therapy Lambeth

Welcome from the Chairperson

Music Therapy Lambeth, MTL's annual report summarises the Charity's achievements and challenges of the year ending in April 2023. Although the global covid-19 pandemic has considerably subsided during this year, the effect on those children and young people whose lives changed significantly during the lockdown periods and with the devastating impact of the illness on many families has had a huge effect on their mental health and emotional wellbeing as they transition back or begin full education and social functioning.

Music Therapy Lambeth's focus remains on the service provision to support emotional, social and health needs for these children and their families, as well as adults across Lambeth communities. There remains a focus on meeting the diverse needs of the Black and Minority Ethnic, migrant and asylum-seeking communities.

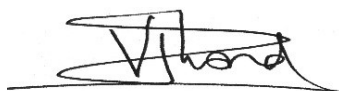
MTL continues to implement excellent therapy provision, integrating effective practices used during the pandemic, which remain beneficial in some areas of service provision. The learning and adaptative implementation of certain practices has been key to developing the strategy of MTL as we meet current needs and plan for future provision.

Music Therapy Lambeth trustees and Director met this year in person on a strategy day to discuss the Charity's strengths and challenges. During discussion on the learning from the adaptation to meet needs during the pandemic, we were able to reflect on how best to operationally plan for the future and what strategy would frame and support this. The outcome of the day was a productive and we agreed strategy with key focus areas, one of which is Equality, Diversity and Inclusion.

Looking ahead, MTL has exciting opportunities as a developing charity, it continues to grow and go from strength to strength in response to and in anticipation of service users' needs. Working in partnership with local community groups such as nurseries, schools, colleges and community groups for young people and adults is a key area of this growth and has proved successful in the past. This annual report demonstrates the impressive achievements of the charity during this year, particularly in the flexibility of operations and therapy practice to meet the needs of diverse service users and partners whilst maintaining the employment of a highly qualified, motivated and committed therapy team.

MTL's Board of Trustees will continue to meet on a regular basis in person and via video, with additional contact for focussed projects. The value of the strategy away day for trustees and Director has been noted and will become a part of the annual meetings. Many thanks to all trustees for their dedication and support over the last year. With special thanks to Steve Gillard, for his hard work and commitment to the development of MTL for many years.

ON BEHALF OF THE BOARD



Victoria Lord (Chairperson)

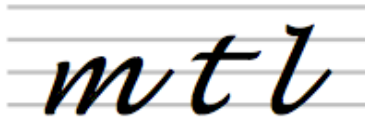
Date: 13/11/23

DIRECTOR



Katherine Jones

Date: 13/11/23



MUSIC THERAPY LAMBETH

Report of the Trustees Year ended 04 April 2023

The trustees present their report with the financial statements of the charity for the year ended 04 April 2023. The trustees have adopted the provisions of the Statement of Recommended Practice for accounting and reporting by charities (2019) in preparing this report.

Objectives and Aims

The object of Music Therapy Lambeth (MTL) is to promote for the public benefit music therapy for the relief of physical and mental illness and disability, the alleviation of developmental, emotional, social and behavioural difficulties, and the protection and promotion of good health of children and adults in particular but not exclusively in the London borough of Lambeth.

The stated aims of MTL are:

- To provide a high quality, needs-led Music Therapy service for children and adults primarily within but not limited to the London borough of Lambeth
- To promote the growth and development of a comprehensive Music Therapy service primarily within but not limited to the London borough of Lambeth
- To focus on delivering safe practice within the guidelines and regulations of the British Association of Music Therapists (BAMT) and Health & Care Professions Council (HCPC)
- To liaise with other stakeholders to ensure communication and teamwork are key to sound service development and delivery

Significant Activities

This Trustees' Report provides an overview of MTL's activities in the year to 04 April 2023. Although we have moved through the main effects of the pandemic the impact is now being seen on some of the infants who were born during it and who are now reaching nursery school age. However, MTL's key focus remains fixed on needs-led delivery of services to children and families in nurseries, primary schools, special schools and colleges across Lambeth. Our service addresses a range of emotional, behavioural, learning and communication needs experienced by children and adults in Lambeth, often with a focus on people from Black and Minority Ethnic and newly migrant communities.

Some activities, developed in response to the COVID-19 pandemic, were sustained or further evolved during this year such as:

- Online team meetings
- Increased bank of therapist song resources
- Whole class or nursery singing groups to support the wellbeing of the whole school community

Once again, there was turnover of Music Therapy staff during the year. This was due to another therapist going on maternity leave and one therapist deciding to reduce their hours. Two separate rounds of interviews resulted in the successful recruitment of a maternity leave cover therapist - John Morcom- and a new permanent therapist for Ethelred nursery, Hannah Merchant. We are delighted with the fresh perspective and energy that these new therapists bring to the team. The total number of Music Therapists employed by MTL remained at six during 2022/23 (a total of 2.5 Full Time Equivalent (FTE) posts). Over the course of the year a volunteer has continued to provide administrative assistance to the Director and Committee.

On 11th March the trustees attended a productive away day at the National Theatre with discussions on topics:

- recruitment,
- diversity,
- management,
- succession planning.

The outcome of this meeting was a consolidation of discussions and priorities in each of these key areas, which were taken back to the ordinary meeting of trustees to discuss throughout the year. Trustees and Director enjoyed their focussed time together and benefited from the focus of discussing strategy and operations.

MTL provided clinical support via zoom and in-person training sessions for its music therapists. An in-person training session took place at the National Theatre and included:

- Aggression in therapy - Reviewing a book chapter in 'Music Therapy in Schools'
- Techniques for supporting adolescent anger
- The A-Z of LGBTQ+
- PACE, playfulness, acceptance, curiosity and empathy, training for building connections between adults and children
- Thinking about Selective Mutism in a current clinical situation. Some pointers and fresh learning.

(Photograph below is of six Music Therapists sitting at a table at the National Theatre all looking relaxed and smiling. There are coffee, snacks and work materials on the table)



Achievements

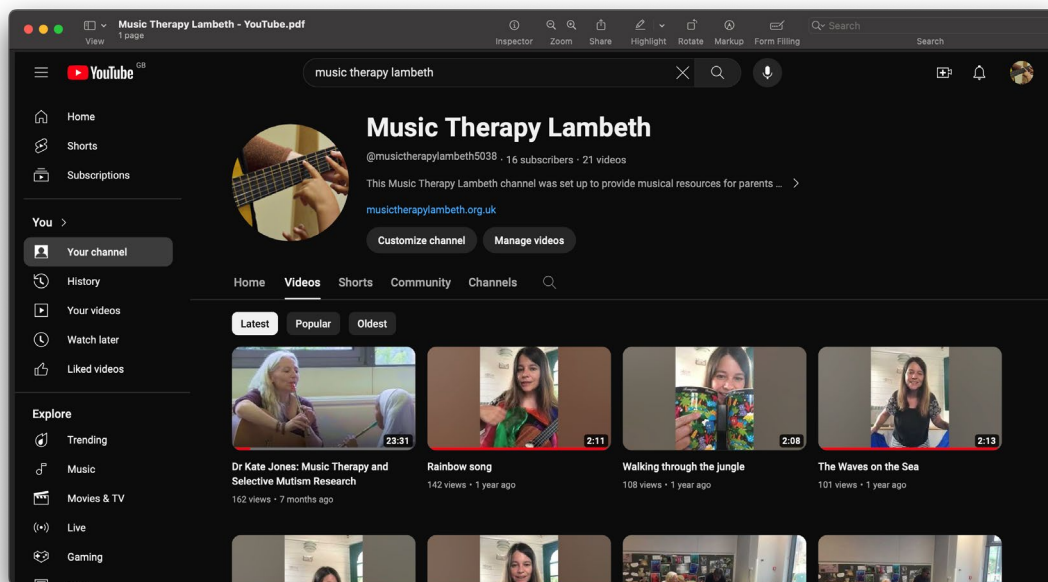
During the course of 2022/23 there were a total of 348 direct public beneficiaries of MTL's activities (recipients of music therapy) including 262 children (aged 0-16) and 17 young adults, 25 parents and 42 members of staff. This increase has been due to a return to pre-pandemic numbers of children within school services and the continued development of group and whole class sessions and parent inclusion in sessions.

Our YouTube channel has further expanded to become an established resource bank for our service with many therapists adding songs to our collection as well as a research presentation being shared on the topic of Music Therapy and Selective Mutism. Parents are signposted to these resources and frequently give positive feedback about how useful they are.

Please click on the link below to view the videos.

<https://www.youtube.com/channel/UCgjZir4RoHkbXtEjJd5IJKa/videos>

(The photograph below is of the Music Therapy Lambeth Youtube page with links to different videos such as 'Rainbow song' and 'Walking through the jungle')



Singing together for wellbeing has also become a more embedded part of our service. Staff have become more confident in delivering the singing sessions themselves and value this time as part of the nursery curriculum. The benefits of the sessions, such as non-verbal or quiet children being able to join in within a group session, are frequently reported by the staff. Although not a directly therapeutic output the improved confidence and general standard of singing is also apparent.

The Walcot Foundation continued their funding into the second year of the Early Years project and for Larkhall Centre for Autism and Primary school. Two other schools, Harris Academy Clapham and Jubilee Primary school, have also received funding from the Walcot Foundation for a day each per week but for one year only.

There were some improvements made to the website with details being provided about all of the trustees and therapists. <https://www.musictherapylambeth.org.uk/about-us/our-therapists/>

(The picture below is taken from a webpage on the MTL website. It has photos of five Music Therapists and a paragraph of information about each one)



About Us What We Do Research Resources News Cookie Policy

Our Therapists

Dr Kate Jones – Director



Dr Kate Jones is the Founder and Director of Music Therapy Lambeth which she set up in 2005. Kate has over 25 years of experience as a Music Therapist working in a range of settings but focussing mainly on developing a Music Therapy service within the borough of Lambeth. She blends a compassionate, systemic and neuroscientific approach in her therapeutic work, seeking to empower families and school staff with techniques and therapy sessions that enhance emotional well-being across these settings.

Kate is passionate about research and her PhD investigated the use of Music Therapy for young children with Selective Mutism; an anxiety-based condition whereby a child can speak confidently at home but not at school. For more information on this topic please see our 'Research' page.

Kate is also Research Lead for Music Therapy at Guildhall School of Music and Drama and Visiting Research Fellow at Anglia Ruskin University.

Hannah Merchant



Hannah Merchant trained at Anglia Ruskin University, qualifying as a music therapist in 2021. Her music therapy approach is client-led, focusing on psychodynamic, developmental and music-centred techniques. She has had experience in different clinical settings, currently working with clients who have Special Educational Needs and Disabilities aged 2-14 and clients who have Dementia in a care home. She feels passionate about how music therapy can help people of all ages to support their social, emotional and mental health, communicate and express themselves through music.

Pamela Michaelides



Pamela Michaelides trained as a music therapist at the Guildhall School of Music and Drama and has since been working as a music therapist with children, young people, and their families within special and mainstream educational settings. She has over 6 years of experience working with individuals with a range of needs including autism, language and communication delays, profound and multiple learning difficulties, visual and multi-sensory impairments, as well as social, emotional, and behavioural difficulties.

Pamela has a special interest in attachment and trauma-informed therapy, and incorporates principles from psychodynamic, developmental, and person-centred approaches to meet the needs of the individuals she works with. Pamela co-led a workshop on cross-modal working with a fellow Dance and Movement Psychotherapist at the British Association for Music Therapy Conference in 2021 and will also be presenting a paper on her work with adolescents at the European Conference of Music Therapy in 2022.

search this site GO

Follow Us!



Lucy Osborne



Lucy is a music therapist, flautist and pianist. She completed her MA in Music Therapy in 2019 at the Guildhall School of Music and Drama.

Lucy has worked in a variety of settings, with particular experience in early years settings with children with Autism Spectrum Disorder. Lucy is also experienced in working with children with a range of disabilities and communication needs, using music to support their communication, self-expression and holistic development. She enjoys working collaboratively with parents and staff, supporting them to take tools from music therapy into the child's everyday life. Lucy also works as a music practitioner with The Amber Trust, working with families of children with visual impairment and complex needs.

Lucy currently works across three nurseries in Lambeth, which includes running family groups and working with individual children with social communication difficulties. Lucy also works at the Larkhall Centre for Autism, working with individuals and whole class groups in music therapy.

John Morcom



John Morcom is a music therapist, artist and singer-songwriter, having completed their MA in music therapy in 2019 at the Guildhall School of Music and Drama.

With Music Therapy Lambeth, John currently works at an SEN college for young adults and has worked with neurodiverse and SEN children across nursery, primary and secondary school settings. John also has experience with older adults in care home and community centre settings, spending much of their training with this client group.

John often incorporates other modalities into their work, facilitating clients to express themselves through art, play and movement, as well as music.

Along with clinical sessions, John puts emphasis on community and inclusivity in their work, allowing for greater access to music therapy through community music-making, whole class projects, jam sessions and parent groups.

MTL Strategy 2023/24

For the forthcoming year, 2023/24, the charity has the following strategic objectives:

- To sustain and expand the reach of our service through a range of funding applications
 - Although we are expanding our reach through reputation in the borough, a focused attempt to increase service delivery means that funding applications should be made on a regular but manageable basis. Funders such as the National Lottery might provide appropriate sources of project funding whilst core costs will need to be sought elsewhere.
- To maintain our focus on equality, diversity and inclusion issues including improving the diversity of our therapy team
- To maintain and improve our public image through a range of activities e.g clinical sharing days and mini conferences
- To maintain a high standard of governance of the charity through regular reviews of policies and procedures and recruitment of new trustees and members
- To follow the new HCPC guidelines on standards of practice and:
 - encourage all team members to take up leadership roles within the organisation
 - conduct Annual Personal reviews with therapists which include wellness goals
 - support therapists to keep up to date with new technology
- To continue our focus on community and family centred Music Therapy provision
- To enhance transdisciplinary practice, involving staff in generalisable MT techniques
- To continue to support the increase and improvement of musical activities in all settings to create positive relationships, a sense of community and to reduce anxiety levels.

Music Therapy Lambeth

Registered Charity Number

1155566

Principal Address

9 Talmage Close
Forest Hill
London
SE23 3AE

Trustees

Ms Erika Dawkins
Ms Victoria Lord (Chair)
Rev Alison Kennedy
Dr John Strange (Secretary)
Ms Mary Suphi

Management Committee Members

Ms Erika Dawkins (Trustee)
Dr Katherine Jones (Director, MTL)
Mr Steve Gillard (Volunteer)
Rev Alison Kennedy (Trustee - Safeguarding lead)
Ms Victoria Lord (Trustee - Chair)
Dr John Strange (Trustee - Secretary)
Ms Mary Suphi (Trustee)

Independent Examiner

Revd Cpt Paul Fitzpatrick C.A. SCP
The Rectory
Outwood Lane
Betchingley
Surrey
RH1 4LR

Banker

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

Governing Document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation.

Reserves Policy

MTL has a Reserves Policy that specifies that MTL will aim to build and maintain sufficient reserves to support core running costs for a period of up to 6 months and try to ensure, that in the event of unexpected withdrawal of funds, economic crises and other unforeseen circumstances, the continuity of existing music therapy provision for vulnerable children and adults is brought to a safe conclusion. As of 04 April 2023, MTL's reserves stood at a total of £18,952.30. Our spend was £99,729.47 by 04 April 2023. Therefore, we hold 38% in reserves, estimating against an approximate £49,865 for six months of spend. This decreased from 2021/22 which was 42% evaluating a £92,814 expenditure.

Independent Examiner's Report to the Music Therapy Lambeth Charity No. 1155566

The 2022-23 accounts were received by the trustees on 27th June 2023 and signed on behalf of the Board of Trustees by the Chair of Trustees and the Treasurer.

This report on the accounts of the trustees for the year ended 04 April 2022, which are set out on the following pages, is in respect of an examination carried out under Section 145 of the Charities Act 2011.

Respective responsibilities of the trustees and examiner

As the members of the trustees, you are responsible for the preparation of the accounts; you consider that the audit requirement of section 144 of the Charities Act 2011 (The 2011 Act) does not apply.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act.
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act); and
- To state whether in particular matters have come to my attention.

Basis of independent examiner's report

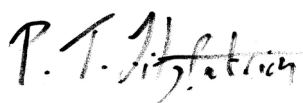
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements;
- to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which, in my opinion, attention should be drawn

10 July 2023



Reverend Captain Paul Fitzpatrick C.A. SCP

The Rectory, Outwood Lane, Bletchingley, Surrey. RH1 4LR

Music Therapy Lambeth

Statement of Financial Activities for the year ended 04 April 2023

	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
INCOMING RESOURCES				
Grants				
Fees for charitable services (therapy)	99,040.00		99,040.00	99,318.00
Public fundraising				
TOTAL INCOMING RESOURCES	99,040.00		99,040.00	99,318.00
RESOURCES EXPENDED				
Service provision	87,906.47		87,906.47	75,771.84
Management & administration	9,555.00		9,555.00	15,579.00
Professional supervision	1,620.00		1,620.00	1,041.00
Musical instruments				57.99
DBS checks				51.89
Independent examiner	300.00		300.00	300.00
Parking				12.67
Website hosting	60.00		60.00	
Zoom subscription	288.00		288.00	
TOTAL RESOURCES EXPENDED	99,729.47		99,729.47	92,814.39
NET INCOMING RESOURCES	-689.47		-689.47	6,503.61
NET MOVEMENT IN FUNDS IN YEAR	-689.47		-689.47	6,503.61
BALANCES BROUGHT FORWARD AT 5 April 2022	19,641.77		19,641.77	13,138.16
BALANCES CARRIED FORWARD AT 4 April 2023	18,952.30		18,952.30	19,641.77

Music Therapy Lambeth

Balance Sheet for the year ended 04 April 2023

	2023 £	2022 £
Fixed Assets		
Tangible fixed assets		
Investment assets	_____	_____
Current Assets		
Debtors and prepayment		
Short term deposits		
Cash at bank and in hand	<u>18,952.30</u>	<u>19,641.77</u>
	18,952.30	19,641.77
Liabilities		
Amounts falling due within one year	_____	_____
Net Current Assets	18,952.30	19,641.77
Amounts falling due after one year		
Net Assets	<u><u>18,952.30</u></u>	<u><u>19,641.77</u></u>
Funds		
Unrestricted	18,952.30	19,641.77
Restricted	<u><u>18,952.30</u></u>	<u><u>19,641.77</u></u>

MUSIC THERAPY LAMBETH

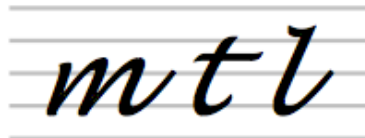
England & Wales - Charity number 1155566

Accounts

REGISTERED CHARITY NUMBER: 1155566

**Report of the Trustees and Annual Accounts
Year ended 04 April 2022**

Music Therapy Lambeth



MUSIC THERAPY LAMBETH

Music Therapy Lambeth

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Music Therapy Lambeth

Welcome from the Chairperson

Music Therapy Lambeth, MTL's annual report summarises the Charity's achievements and challenges of the year ending in April 2022. During this year, the global pandemic continued to significantly impact operations and service delivery. MTL continued to adapt using technology and communication as well as creative adaptations of service delivery to meet the needs of some of the most vulnerable families, children and young people in the borough of Lambeth. Myself and fellow trustees would like to thank Dr Kate Jones, MTL Director and all therapists for their commitment, hard work and for rising to the continuing challenges that the pandemic presents.

Music Therapy Lambeth's service provision continues with projects in the early years, primary, secondary and further education sectors as well as specialist areas such as supporting the migrant community, integrating a trauma informed approach and including more focus on diversity meeting the needs of the Black and Minority Ethnic, BAME service users, staff and stakeholders.

MTL continues to work with transdisciplinary teams across organisations, in order to support shared learning and interventions, providing an integrated practice. The service adaptation of using You Tube to provide videos of interventions for those in bubbles or working remotely enables staff and co-workers to continue and bridge support to people that are not always able to attend in person and provides extra skills to staff outside of therapy sessions.


Music Therapy Lambeth continue to recognise the importance that all therapists are provided with a breadth of training and full supervision not only in relation to their clinical needs but for their wellbeing and mental health ensuring they feel well supported from the charity.

Looking ahead, MTL's strategy will continue to develop its response to the challenges of Covid-19 and the cost of living crisis and the impact this has on the most vulnerable communities. Strategic development includes service provision in secondary school education, specialist primary provision, early years and trauma informed music therapy. In addition, there will be a continued emphasis on providing a service that meets the needs of diverse communities, clients, partners and stakeholders.

MTL's Board of Trustees will continue to meet on a regular basis in person and via video, with additional contact for focussed projects. Many thanks to all trustees for their dedication and support over the last year. With special thanks to Steve Gillard, for his hard work and commitment to the development of MTL for many years.

Finally, MTL's Board of Trustees recognises the challenges of the cost of living crisis along with the ongoing considerations of Covid 19 and we continue to support MTL's Director and therapists to meet the needs through adapted service provision for those who are vulnerable in our communities.

ON BEHALF OF THE BOARD



Victoria Lord (Chairperson)

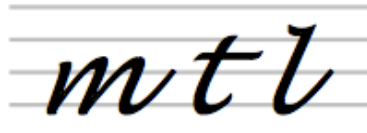
Date: ...15/11/22.....

DIRECTOR



Katherine Jones

Date: ...15/11/22.....



MUSIC THERAPY LAMBETH

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Significant Activities

This Trustees' Report provides an overview of MTL's activities in the year to 04 April 2022, one that continued to be impacted by the global pandemic. MTL's focus continued to be on the delivery of music therapy to the neediest children and families in nurseries, primary schools and special schools and colleges across Lambeth. Alongside this, we also recognised the effect of the pandemic on the wellbeing of school staff and have been mindful to support and empower our school communities in regrouping (see below). Our service addresses a range of emotional, behavioural, learning and communication needs experienced by children and adults in Lambeth, often with a focus on people from Black and Minority Ethnic and newly migrant communities.

At the start of April 2021, MTL were providing some online sessions to physically vulnerable adolescents but mainly in-person sessions within separate school 'bubbles'. This evolved to all in-person sessions by the Autumn term 2021 although many schools were concerned about rising levels of COVID-19 in the general population.

Some activities, developed to ensure the wellbeing and safety of MTL therapists during the COVID-19 pandemic, were sustained during this year such as:

- Increased online team meetings and support
- Collaboration with other Music Therapy services

Unusually for MTL there was a high turnover of Music Therapy staff during the year. This was due to one therapist going on maternity leave and one therapist moving back to their home country, New Zealand. Two separate rounds of interviews resulted in the successful recruitment of a maternity leave cover therapist -Lucy Osborne- and a new permanent therapist for Holmewood nursery, Jess Grieve. The total number of Music Therapists employed by MTL remained at six during 2021/22 (a total of 2.5 Full Time Equivalent (FTE) posts, a slight increase from 2020/21). Over the course of the year a volunteer has continued to provide administrative assistance to the Director and Committee. Mark Glentworth stood down following his second period as a Trustee for MTL on 06 September 2021. In line with new legislation -Keeping Children Safe in Education 2021- the Children protection policy was duly updated.

MTL provided trainings via zoom and in-person for its music therapists. Zoom trainings included:

- ❖ 'twilight' clinical skills sharing sessions
- ❖ Trauma informed practice (TIP)
- ❖ Guitar skills
- ❖ An introduction to working with children with Selective Mutism

Our first in-person training session took place at the National Theatre and included:

- A presentation from a chapter in 'Music Therapy & Autism across the lifespan'
- Peer supervision on a challenging new therapy group
- Presentation of a chapter on 'Families and children at Risk'
- Music Therapy and Adolescents.
- Feedback from a discussion on Music Therapy and Neuroscience Think tank



One therapist remained online due to COVID-19.

Beacon House Training

During the year most of our therapists have also attended the Beacon House Online Trauma training for professionals. This comprised 4 in-depth modules covering different types of trauma and their presentation, attachment theory and ideas for therapeutic work at different neurosequential stages. On completion a certificate was provided. This training required considerable commitment and active reflection on how this might enhance our work as therapists. This is a topic that we intend to revisit in order to imbed the learning in our practice.

Achievements

During the course of 2021/22 there were a total of 297 direct public beneficiaries of MTL's activities (recipients of music therapy) including 212 children (aged 0-16) and 17 young adults, 37 parents and 31 members of staff. This increase has been due to the resumption of near normal numbers of children within school services and the increased access to group and whole class sessions and parent inclusion in sessions.

Our YouTube channel, which began with videos recorded early in the pandemic with a co-therapist from Maytree nursery, has evolved further this year. Families have continued to access videos to make instruments, learn songs and continue singing and signing at home. These have been added to by other therapists in the team as children like seeing their particular therapist on you tube.

As nursery schools resumed more normal functioning and usual numbers of children returned to classrooms, we recognised that there was a need to celebrate coming back together as communities. Singing together as a whole nursery felt like the way to do this as well as providing therapeutic support to staff. Even a small amount of singing each day can ease anxiety and improve well-being and staff engaged in the groups reported that "they needed that" and felt a sense of relief that it was singing time. One particular song that became popular for young children during the COVID-19 pandemic was "Every little cell in my body is happy" which is a form of singing mantra to increase a sense of health and wellbeing. Another aim of these singing groups was to empower staff to lead the groups themselves and teach songs that reflected their cultural background. The picture of the YouTube clip below is of a song from Nigeria sung in Yoruba. The children very quickly picked up on singing in different languages including songs from Senegal and Italy.

Please click on the link below to view the videos.

<https://www.youtube.com/channel/UCgjZir4RoHkbXtEjJd5IJKa/videos>



At the beginning of the year the Walcot Foundation agreed to fund a repeat application for 3 years funding for the Early Years project and Larkhall Centre for Autism and Primary school. This has provided a sense of continuity and sustainability for the foreseeable future. Two other schools, Harris Academy Clapham, where we have provided a single session to one boy, and Jubilee Primary school, which has a hearing impairment unit and Autism base, have also made applications for funding to the Walcot Foundation.

MTL Strategy 2022/23

The impact of the COVID-19 pandemic continues to be felt in our communities and school staff report an uptick in Special Educational Needs that have not yet been assessed by professionals, impacting children's progress.

For the forthcoming year, 2022/23, the charity has the following strategic objectives:

- To continue to support vulnerable families affected by the pandemic by emphasising:
 - Community and family centred Music Therapy provision
 - Transdisciplinary practice, involving staff in generalisable MT techniques
 - The need for increased or improved musical activities in all environments to create positive relationships, a sense of community and to reduce anxiety levels
- To sustain and expand the reach of our service through a range of funding applications.
- To focus on awareness diversity issues including improving the diversity of our therapy team.

Music Therapy Lambeth

Registered Charity Number

1155566

Principal Address

9 Talmage Close
Forest Hill
London
SE23 3AE

Trustees

Ms Erika Dawkins
Ms Victoria Lord (Chair)
Rev Alison Kennedy
Dr John Strange (Secretary)
Ms Mary Suphi

Management Committee Members

Ms Erika Dawkins (Trustee)
Dr Katherine Jones (Director, MTL)
Mr Steve Gillard (Volunteer)
Rev Alison Kennedy (Trustee - Safeguarding lead)
Ms Victoria Lord (Trustee - Chair)
Dr John Strange (Trustee - Secretary)
Ms Mary Suphi (Trustee)

Independent Examiner

Revd Cpt Paul Fitzpatrick C.A. SCP
32 Waterer Rise
Wallington
Surrey
SM6 9DN

Banker

Barclays Bank PLC
Forest Hill Branch
1 London Road
London
SE23 3TR

Governing Document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation.

Reserves Policy

MTL has a Reserves Policy that specifies that MTL will aim to build and maintain sufficient reserves to support core running costs for a period of up to 6 months and try to ensure, that in the event of unexpected withdrawal of funds, economic crises and other unforeseen circumstances, the continuity of existing music therapy provision for vulnerable children and adults is brought to a safe conclusion. As of 04 April 2021, MTL's reserves stood at a total of £19,641.77. Our spend was £92,814.39 by 04 April 2022. Therefore, we hold 42.32% in reserves, estimating against an approximate £46,407 for six months of spend. This increased from 2020/21 which was 17.05% evaluating a £70,000 expenditure.



Music Therapy Lambeth
Charity No. 1155566
Annual Accounts
2021-22

Independent Examiner's Report to the Music Therapy Lambeth Charity No. 1155566

These accounts received by the trustees on 26 May 2022 and signed on behalf of the Board of Trustees by the Chair of Trustees and the Treasurer.

This report on the accounts of the trustees for the year ended 04 April 2022, which are set out on the following pages, is in respect of an examination carried out under Section 145 of the Charities Act 2011.

Respective responsibilities of the trustees and examiner

As the members of the trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section 144 of the Charities Act 2011 (The 2011 Act) does not apply.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act.
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act); and
- To state whether in particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

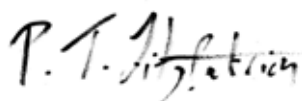
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in, any material respect, the requirements;

- to keep accounting records in accordance with Section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

(2) to which, in my opinion, attention should be drawn

27 May 2022



Reverend Captain Paul Fitzpatrick C.A. SCP
32 Waterer Rise, Wallington, Surrey. SM6 9DN

Music Therapy Lambeth

Balance Sheet for the year ended 04 April 2022

	2022 £	2021 £
Fixed Assets		
Tangible fixed assets		
Investment assets		
Current Assets		
Debtors and prepayment		
Short term deposits		
Cash at bank and in hand	19,641.77	13,138.16
	19,641.77	13,138.16
Liabilities		
Amounts falling due within one year		
Net Current Assets	19,641.77	13,138.16
Amounts falling due after one year		
Net Assets	19,641.77	13,138.16
Funds		
Unrestricted	19,641.77	13,138.16
Restricted	19,641.77	13,138.16

Music Therapy Lambeth

Statement of Financial Activities for the year ended 04 April 2022

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
INCOMING RESOURCES				
Grants				
Fees for charitable services (therapy)	99,318.00		99,318.00	76,575.00
Public fundraising				
Refund on fees				187.00
TOTAL INCOMING RESOURCES	99,318.00		99,318.00	76,762.00
RESOURCES EXPENDED				
Service provision	75,771.84		75,771.84	56,897.61
Management & administration	15,579.00		15,579.00	11,132.00
Professional supervision	1,041.00		1,041.00	1,146.00
Musical instruments	57.99		57.99	95.91
DBS checks	51.89		51.89	155.90
Publicity (website)				120.00
Software licence				115.10
Independent examiner	300.00		300.00	300.00
Hospitality				50.00
Interest payments				1.60
Fundraising costs				192.00
Parking	12.67		12.67	
TOTAL RESOURCES EXPENDED	92,814.39		92,814.39	70,206.12
NET INCOMING RESOURCES	6,503.61		6,503.61	6,555.88
NET MOVEMENT IN FUNDS IN YEAR	6,503.61		6,503.61	6,555.88
BALANCES BROUGHT FORWARD AT 5 April 2021	13,138.16		13,138.16	6,582.28
BALANCES CARRIED FORWARD AT 4 April 2022	19,641.77		19,641.77	13,138.16



MTL Accounting Policy

Notes to the Financial Statements

1 Accounting Policies

1a *Financial statements* have been prepared under the applicable accounting standards and the Financial Reporting Standard for Smaller Entities SORP (FRSSE) 2015 issued by the Charity Commission.

Funds

1b *Restricted funds* represent:

- a) income from trusts or endowments which may be expended only on those restricted objects provided in the terms of the trust or bequest, and
- b) donations or grants received for a specific object or invited by the Trustee Board for a specific object. The funds may only be expended on the specific object for which they were given. Any balance remaining unspent at the end of each year must be carried forward as a balance on that fund. The Trustee Board does not usually invest separately for each fund.

1c *Investment:* Where there is no separate investment, interest is apportioned to individual funds on an average balance basis.

1d *Unrestricted funds:* These represent the funds of the Trustee Board that are not subject to any restrictions regarding their use and are available for application on the general purposes of the Trustee Board.

1e *Designated Funds:* Designated for a particular purpose by the Trustee Board are also unrestricted.

1f The accounts include all transactions, assets and liabilities for which the Trustee Board is responsible in law.

Receipts

1h *Voluntary income and capital resources*

Donations are recognised when received by or on behalf of the Trustee Board. Funds raised by activities of the charity are accounted for as gross.

Planned giving receivable under covenant is recognised only when received.

Income tax recoverable on covenants or gift aid donations is recognised when the income is recognised.

Grants and legacies to the charity are recognised as the Trustee Board is notified of its legal right and of the amount due and accounted for when received.

1i Other ordinary income

Dividends and interest are accounted for when receivable.

1j Gains and losses on investments

Realised gains or losses are recognised when investments are sold.

Unrealised gains or losses are accounted for on annual revaluation of investments.

Payments

1k Grants

Grants and donations are accounted for when paid over, or when awarded if that award creates a binding obligation on the charity.

1l Management fees

The management fees cover a range of managerial duties including management supervision, (separate from clinical supervision), applying for funding and writing reports for funders, organising and providing CPD for the team, invoicing and liaising with schools about their MT provision.

1m MTL staff payments

MTL payments are aligned with academic terms and are made in arrears. The Director is paid last due to waiting for cheques to come in and ensuring others are paid first.

Fixed assets

1n Fixtures and fittings and office equipment

Equipment used within the charity is depreciated on a straight-line basis over 4 years. However, individual items of equipment with a purchase price of £5,000 or less are written off when the asset is acquired. There were no items of equipment with a purchase price of £5,000 or higher in 2021.

Investments

There were no investments at the year-end.

Current Assets

There are no short-term deposits at the year end.

1n Reserve Policy

MTL has a Reserves Policy that specifies that MTL will aim to build and maintain sufficient reserves to support core running costs for a period of up to 6 months and try to ensure, that in the event of unexpected withdrawal of funds, economic crises and other unforeseen circumstances, the continuity of existing music therapy provision for vulnerable children and adults is brought to a safe conclusion. As of 04 April 2021 MTL's reserves stood at a total of £19,641.77. Our spend was £92,814.39 by 04 April 2022. Therefore we hold 42.32% in reserves, estimating against an approximate £46,407 for six months' spend. This increased from 2020/21 which was 17.05% evaluating a £70,000 expenditure.

2 Fund Details

UNRESTRICTED

2A Unrestricted - General fund

DESIGNATED

2b There are no designated funds recorded in 2021

RESTRICTED

2c There are no restricted funds recorded in 2021

MUSIC THERAPY LAMBETH

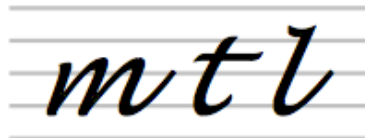
England & Wales - Charity number 1155566

Accounts

REGISTERED CHARITY NUMBER: 1155566

**Report of the Trustees and Financial Statement
Year ended 04 April 2021**

Music Therapy Lambeth



MUSIC THERAPY LAMBETH

Music Therapy Lambeth

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Annual Report and Financial Statement Year ended 04 April 2021

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Statement of Financial Activities	7
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Music Therapy Lambeth

Welcome from the Chairperson

Reflecting on the last year and one year on from the last AGM, no one could have predicted how well Music Therapy Lambeth (MTL) responded to the challenges of the covid 19 pandemic with adapted service provision and MTL therapist well-being support. Music Therapy Lambeth has established a thorough revision and adaptation of services and funding, enabling the charity to continue through this time 2020 - 2021. MTL adapted in order to continue working through the lockdown periods, by providing therapy online via the Zoom platform, providing training for online therapy, adhering to guidelines for safeguarding and privacy, using a creative and flexible approach for delivery in order to support our vulnerable communities, as well as developing essential self-care and connection to support the team of music therapists.

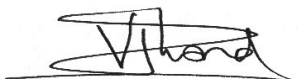
Myself and fellow trustees would like to thank Dr Kate Jones, MTL Director and all therapists for rising to the many challenges this year has brought and for their continuing commitment and hard work. Music Therapy Lambeth's service provision continues with projects in the early years, primary, secondary and further education sectors as well as specialist areas such as selective mutism for younger children and trauma focussed therapy. After March 2020, many services moved online and all aspects of professional therapeutic practice was adapted in compliance with HCPC and BAMT guidelines such as in the areas of child and adult safeguarding and child protection to deliver services remotely. Particularly noteworthy in this year has been the development and education for therapists of a trauma informed approach, which because of the ongoing mental health concerns related to the pandemic is a necessary area of focus.

Looking ahead, MTL's strategy will continue to develop its response to Covid-19 in the following ways: extend service provision to specialised areas; adapt and be creative with online and face to face service provision; strengthen links with research organisations and multidisciplinary professionals and organisations and ensure appropriate funding which incorporates development and operations of existing services as well as new funding opportunities that have arisen in response to the pandemic, notably in the areas of mental health and trauma. MTL's strategic focus for 2021 - 2022 includes: supporting vulnerable families and the community following the pandemic and addressing ongoing developments; developing a transdisciplinary approach across different professions, organisations and agencies; ensuring the wellbeing of all MTL employees and ensuring that therapeutic needs related to the pandemic such as increased social isolation, trauma, mental health, domestic violence and developmental delay in children and young people are constantly addressed and integrated into service provision.

MTL's Board of Trustees continued to meet on a regular basis via video, with additional contact for focussed projects. Many thanks to all trustees for their dedication and support at this time. With special thanks to Steve Gillard, for his hard work and volunteering commitment to the development of MTL for many years.

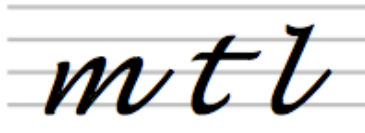
Finally, the Board of Trustees recognise that the ongoing and persisting challenges of Covid-19 are far from over and we continue to support MTL's Director and Therapists to meet the needs of our vulnerable communities.

ON BEHALF OF THE BOARD



DIRECTOR





MUSIC THERAPY LAMBETH

Report of the Trustees Year ended 04 April 2021

The trustees present their report with the financial statements of the charity for the year ended 04 April 2021. The trustees have adopted the provisions of the Statement of Recommended Practice for accounting and reporting by charities (2005) in preparing this report.

Objectives and Aims

The object of Music Therapy Lambeth (MTL) is to promote for the public benefit music therapy for the relief of physical and mental illness and disability, the alleviation of developmental, emotional, social and behavioural difficulties, and the protection and promotion of good health of children and adults in particular but not exclusively in the London borough of Lambeth.

The stated aims of MTL are:

- To provide a high quality, needs-led Music Therapy service for children and adults primarily within but not limited to the London borough of Lambeth
- To promote the growth and development of a comprehensive Music Therapy service primarily within but not limited to the London borough of Lambeth
- To focus on delivering safe practice within the guidelines and regulations of the British Association of Music Therapists (BAMT) and Health & Care Professions Council (HCPC)
- To liaise with other stakeholders to ensure communication and teamwork are key to sound service development and delivery

Significant Activities

This Trustees' Report provides an overview of MTL's activities in the year to 04 April 2021, one that was dominated by an adaptation of our services to the unfolding global pandemic. MTL's core focus continued to be the delivery of music therapy to the neediest children and families in nurseries, primary schools and special schools and colleges across Lambeth. Despite the pandemic we also expanded to include a large project in a mainstream secondary school. Our service addresses a range of emotional, behavioural, learning and communication needs experienced by children and adults in Lambeth, often with a focus on people from Black and Minority Ethnic and newly migrant communities.

This year the global pandemic has significantly changed everyone's lives creating a vastly different therapeutic landscape for us to work within. Most schools were closed from March to June 2020 and any Music Therapy Lambeth provided:

- Online individual Music Therapy sessions
 - Online group Music Therapy sessions
 - Music Therapy video resources to support families at home
 - WhatsApp support groups for families
 - Links to other relevant resources on our website
- We also ensured the wellbeing and safety of MTL therapists throughout the COVID-19 pandemic by employing:
 - Increased online team meetings and support
 - Increased managerial supervision
 - Collaboration with other Music Therapy services
 - Information and resources to manage health and safety

Therapists who couldn't work online due to lack of childcare and the need to support younger children with home schooling accepted the governments self-employment payment scheme to support themselves during this time. Music Therapy Lambeth were not in a position to offer a furlough scheme. Fortunately, there was no need to make any therapists redundant. Weekly, then fortnightly, online team meetings were implemented to increase communication and liaison regarding a range of issues linked to the pandemic and to provide staff with emotional support.

The total number of Music Therapists employed by MTL remained at six during 2020/21 (a total of 2.4 Full Time Equivalent (FTE) posts, sustained from 2019/20). Over the course of the year a volunteer has continued to provide administrative assistance to the Director and Committee. During the year the Complaints policy was reviewed and approved.

MTL also created a new contract for MTL Music Therapists that more clearly outlines their duties and responsibilities to the charity. The new two-part contract also contains a separate schedule that is simple to update in line with any changes in therapists' workloads. This new style contract has been rolled out to therapists over the course of the year.

MTL provided a range of trainings via zoom for its music therapists, including:

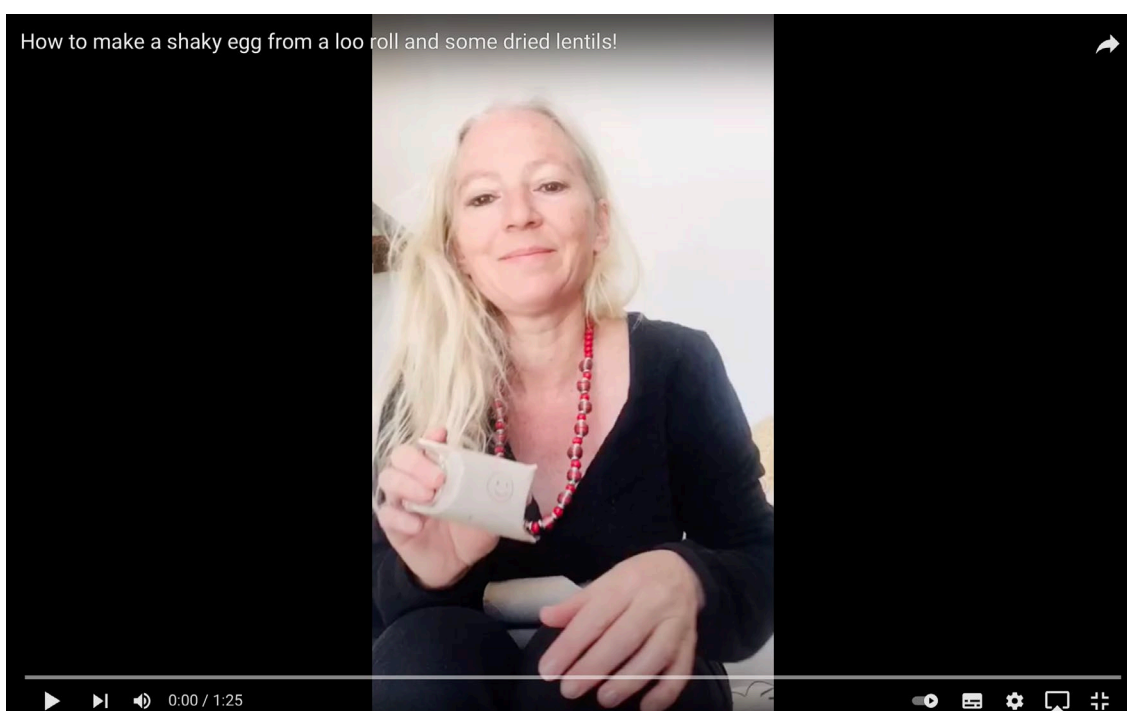
- ❖ 'twilight' clinical skills sharing sessions
- ❖ working online as a Music Therapist
- ❖ adaptations to working through the pandemic
- ❖ trauma informed schools training
- ❖ action learning sets to deepen clinical sharing
- ❖ supportive music and imagery sessions and research
- ❖ self-care for therapists

Our Christmas party took place on zoom with therapists bringing a small selection of drinks and snacks funded by MTL. Trustee and management meetings continued regularly throughout the year and took place on Zoom

Achievements

During the course of 2020/21 there were a total of 160 direct public beneficiaries of MTL's activities (recipients of music therapy) including 132 children (aged 0-16) and 28 adults. There were many fewer parents and carers of children able to access the service directly this year as they were not allowed on site in schools and nurseries due to the pandemic. However, many parents benefitted from online sessions and the 28 adults are those that attended these sessions. Alongside our online work we also developed a YouTube channel with videos recorded early in the pandemic with a co-therapist from Maytree nursery. These were to provide a sense of continuity for families that had attended the family group at Maytree nursery so that they could make instruments and continue singing and signing at home but also to be publicly available for anyone to view. Please click on the link below to view the videos.

<https://www.youtube.com/channel/UCgjZir4RoHkbXtEjJd5IjKA/videos>





MTL has continued to support Lambeth schools and nurseries to apply directly to the Walcot Foundation for funding for music therapy. This has included a repeat application for 3 years funding for the Early Years project, Larkhall Centre for Autism and Primary school and St. Martins school for girls.

An application was also made for London Community Response Wave 3 funding to develop further online resources and improve our pandemic response but unfortunately this was not successful.

MTL Strategy 2021/22

The impact of the COVID-19 pandemic dominated our provision over this last year and will continue to do for the foreseeable future.

For the forthcoming year, 2021/22, the charity has the following strategic objectives:

- To support vulnerable families affected by the pandemic by emphasising:
 - Community and family centred Music Therapy provision
 - Transdisciplinary practice, involving staff in generalisable MT techniques
 - The need for increased or improved musical activities in all environments to create positive relationships, a sense of community and to reduce anxiety levels
- To continue to ensure the wellbeing and safety of MTL therapists through the continuation of the COVID-19 pandemic.
- To increase awareness of therapeutic issues exacerbated by or caused by the pandemic such as:
 - increased social isolation,
 - trauma,
 - mental health issues,
 - domestic violence,
 - developmental delay
- To ensure the sustainability of the service through a range of funding applications

Music Therapy Lambeth

Registered Charity Number

1155566

Principal Address

9 Talmage Close
Forest Hill
London
SE23 3AE

Trustees

Ms Erika Dawkins
Mr Mark Glentworth
Ms Victoria Lord (Chair)
Revd Alison Kennedy
Dr John Strange (Secretary)
Ms Mary Suphi

Management Committee Members

Ms Erika Dawkins (Trustee)
Dr Katherine Jones (Director, MTL)
Mr Steve Gillard (Volunteer)
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Ms Mary Suphi (Trustee)

Independent Examiner

Revd Cpt Paul Fitzpatrick C.A. MInstF
32 Waterer Rise
Wallington
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Banker

Barclays Bank PLC
Forest Hill Branch
1 London Road
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SE23 3TR

Governing Document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation.

Reserves Policy

MTL has a Reserves Policy that specifies that MTL will build and maintain sufficient reserves to support core running costs for a period of up to 6 months and to ensure, in the event of unexpected withdrawal of funds, the continuity of existing music therapy provision for vulnerable children and adults to a therapeutically appropriate and safe conclusion.

As of 04 April 2021 MTL's reserves stood at a total of £13,138.16 (see Balance Sheet on page 8).

Independent Examiner's Report to the Music Therapy Lambeth Charity No. 1155566

These accounts received by the trustees on 18 May 2021 and signed on behalf of the Board of Trustees by the Chair of Trustees and the Treasurer.

This report on the accounts of the trustees for the year ended 04 April 2021, which are set out on the following pages, is in respect of an examination carried out under Section 145 of the Charities Act 2011.

Respective responsibilities of the trustees and examiner

As the members of the trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section 144 of the Charities Act 2011 (The 2011 Act) does not apply.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act.
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act); and
- To state whether in particular matters have come to my attention.

Basis of independent examiner's report

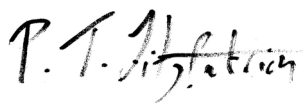
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements;
 - to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which, in my opinion, attention should be drawn

18 June 2021



Reverend Captain Paul Fitzpatrick C.A. SCP
32 Waterer Rise, Wallington, Surrey. SM6 9DN

Music Therapy Lambeth

Statement of Financial Activities for the year ended 04 April 2021

	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
INCOMING RESOURCES				
Grants				
Fees for charitable services (therapy)	76,575.00		76,575.00	77,053.00
Public fundraising				19.56
Refund on fees	187.00		187.00	
TOTAL INCOMING RESOURCES	76,762.00		76,762.00	77,072.56
RESOURCES EXPENDED				
Service provision	56,897.61		56,897.61	74,344.75
Management & administration	11,132.00		11,132.00	9,837.00
Professional supervision	1,146.00		1,146.00	1,545.00
Musical instruments	95.91		95.91	
DBS checks	155.90		155.90	
Publicity (website)	120.00		120.00	
Software licence	115.10		115.10	
Independent examiner	300.00		300.00	350.00
Hospitality	50.00		50.00	
Interest payments	1.60		1.60	
Bank charges				12.50
Fundraising costs	192.00		192.00	96.00
TOTAL RESOURCES EXPENDED	70,206.12		70,206.12	86,815.25
NET INCOMING RESOURCES	6,555.88		6,555.88	-9,112.69
NET MOVEMENT IN FUNDS IN YEAR	6,555.88		6,555.88	-9,112.69
BALANCES BROUGHT FORWARD AT 5 April 2020	6,582.28		6,582.28	15,694.97
BALANCES CARRIED FORWARD AT 4 April 2021	13,138.16		13,138.16	6,582.28

Music Therapy Lambeth

Balance Sheet for the year ended 04 April 2021

	2021 £	2020 £
Fixed Assets		
Tangible fixed assets		
Investment assets		
Current Assets		
Debtors and prepayment		
Short term deposits		
Cash at bank and in hand	13,138.16	6,582.28
	13,138.16	6,582.28
Liabilities		
Amounts falling due within one year		
Net Current Assets	13,138.16	6,582.28
Amounts falling due after one year		
Net Assets	13,138.16	6,582.28
Funds		
Unrestricted	13,138.16	6,582.28
Restricted	13,138.16	6,582.28