

REGISTERED CHARITY NUMBER: 1155566

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

Music Therapy Lambeth



Music Therapy Lambeth

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Annual Report and Financial Statement Year ended 04 April 2021

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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.

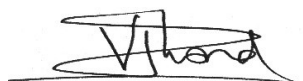
Myself and fellow trustees would like to thank Dr Kate Jones, MTL Director and all therapists for rising to the many challenges this year has brought and for their continuing commitment and hard work. Music Therapy Lambeth's service provision continues with projects in the early years, primary, secondary 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





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:

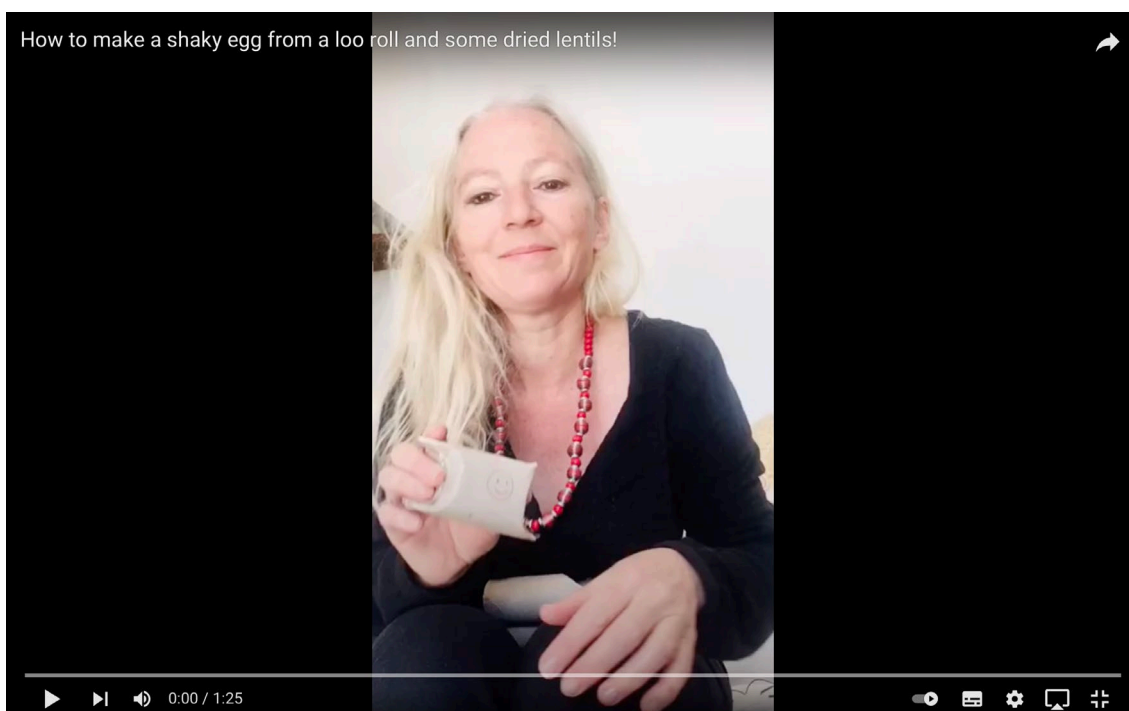
- ❖ 'twilight' clinical skills sharing sessions
- ❖ working online as a Music Therapist
- ❖ adaptations to working through the pandemic
- ❖ trauma informed schools training
- ❖ action learning sets to deepen clinical sharing
- ❖ supportive music and imagery sessions and research
- ❖ self-care for therapists

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)
Mr Mark Glentworth (Trustee)
Revd Alison Kennedy (Trustee - Safeguarding lead)
Ms Victoria Lord (Chair)
Dr John Strange (Secretary)
Ms Mary Suphi (Trustee)

Independent Examiner

Revd Cpt Paul Fitzpatrick C.A. MInstF
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 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

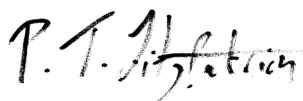
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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
	<u>13,138.16</u>	<u>6,582.28</u>
Liabilities		
Amounts falling due within one year		
Net Current Assets	13,138.16	6,582.28
Amounts falling due after one year		
Net Assets	<u><u>13,138.16</u></u>	<u><u>6,582.28</u></u>
Funds		
Unrestricted	13,138.16	6,582.28
Restricted	<u><u>13,138.16</u></u>	<u><u>6,582.28</u></u>