

REGISTERED CHARITY NUMBER: 1155566

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

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.

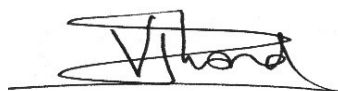
MTL continues to implement excellent therapy provision, integrating effective practices used during the pandemic, which remain beneficial in some areas of service provision. The learning and adaptative implementation of certain practices has been key to developing the strategy of MTL as we meet current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



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

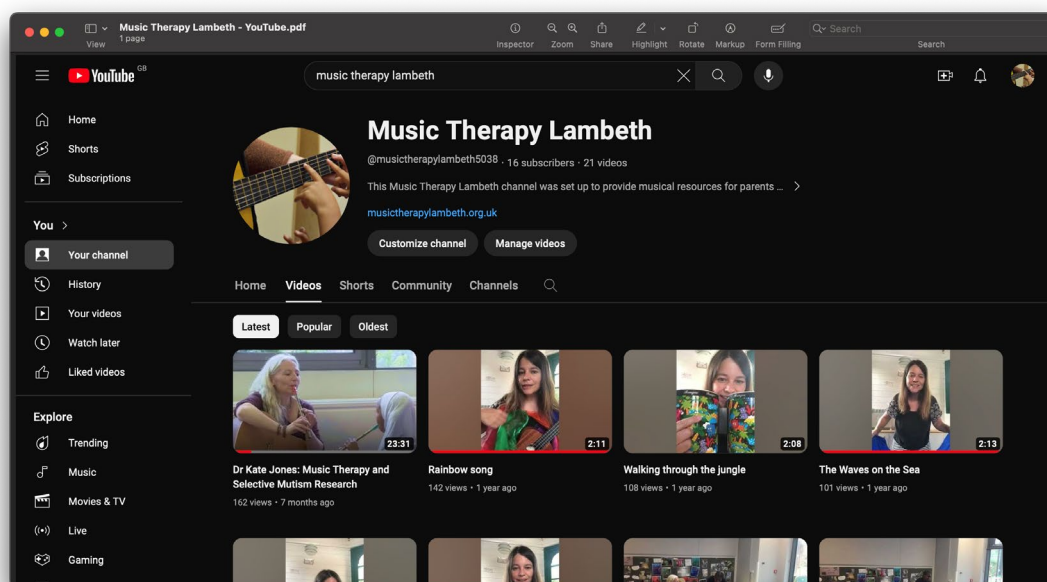
During the course of 2022/23 there were a total of 348 direct public beneficiaries of MTL's activities (recipients of music therapy) including 262 children (aged 0-16) and 17 young adults, 25 parents and 42 members of staff. This increase has been due to a return to pre-pandemic numbers of children within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

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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

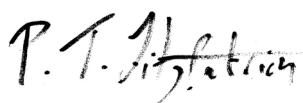
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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	18,952.30	19,641.77
	<u>18,952.30</u>	<u>19,641.77</u>
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>