

North Yorkshire Music Therapy Centre

ANNUAL REVIEW 2012





Chairman's message

“Music can change lives - I hear this loud and clear from carers, teachers, therapists and from families who have seen great things achieved by our service.”

We heartily thank all our supporters, grant-makers and Friends of the Centre who through their help and fund raising enable us to continue our work, which uses music as a means of communication.

Music can change lives - I hear this loud and clear from carers, teachers, therapists and from families who have seen great things achieved by our service.

Congratulations to Kerry McDermott, who qualified and registered to practice as a Music Therapist in summer 2012. Kerry spent eight months with the NYMTC gaining experience for her postgraduate training at Anglia Ruskin University.

Elaine Wallace left the organisation in February and we are delighted that Jim Nield continues to work alongside us as a self employed Music Therapist.

It is almost 20 years since Angela Harrison joined us, initially working as a therapy assistant and now as Lead Therapist and Manager. We have supported Angela's

development as she has promoted the work of NYMTC on an international stage, in publications and through her role as Chair of the British Association for Music Therapy.

We congratulate Angela on her appointment onto the Council of the World Federation of Music Therapy and look forward to hearing the paper she will present in Oslo this August at the European Music Therapy Congress.

Thanks go to our whole team for their endeavours and to our President, Patrons and Trustees for all their support and hard work. Especial thanks to Jill Bowman who works so hard in the office as a volunteer as well as supporting therapy sessions. Finally, a big thank you to all our donors and especially for the generous donation which allows us to publish this Review in loving memory of Joan and Marshall Roy.

**Sir Frederic Strickland-Constable,
Chairman of the Trustees**



North Yorkshire Music Therapy Centre

Registered Charity no. 702533

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"The idea that the arts can make us into more complete human beings is proved every day by the dedicated therapists who, through skill and love, help people to communicate with themselves and with each other."

Ian McMillan, Patron



President
Lynne Dawson



Patron
Sir Willard White



Patron
Prof. Odell-Miller



Patron
Bramwell Tovey



Patron
Jane Horrocks

About the NYMTC

Established in 1987, the NYMTC was the inspiration of a pioneering music therapist, Mary Abbotson, who with her husband Raymond devised a mobile therapy unit so that children across the region could access music therapy at a central location.

We now work with people of all ages, taking music therapy into schools, care homes, hospitals, homes and clinics to improve the lives of those affected by illness and disability. In 2012 we helped people with autism, developmental delay, learning and physical disabilities, acquired brain injury and life-threatening illness.

Our services include: music therapy, improvisation workshops, training sessions for staff and parents and supervised postgraduate training placements.

AIMS

- To provide a means of communication for those who may be thought of as “un-reachable” by providing regular, interactive music therapy sessions
- To improve access to music therapy across North Yorkshire
- To help families and care staff to integrate music into day-to-day life
- To widely promote the applications and benefits of music therapy, to the general public and to those who may commission our services

“Whilst training, I experienced working with children and adults with learning disabilities, both alongside Angela and independently at a Foresight Residential home. This was great preparation for practice. Thank you, NYMTC!”

Kerry McDermott, Music Therapist



Meet our team



Angela
Harrison



Jim
Nield



Jill
Bowman



Kerry
McDermott

ACHIEVEMENTS

- Over 60 children and young adults have benefited from weekly music therapy, developing new skills of communication and social interaction
- Presented to GPs at a global conference, to therapists and students in the UK and South Korea; featured in two books, social media and newspapers
- Laid foundations for future therapists by lecturing at Universities of York and Huddersfield and by again providing a placement for a local musician during postgraduate training in Cambridge
- Parents with adopted children and with toddlers have enjoyed our workshops

ASPIRATIONS

- To build up our team to provide more therapy and varied services
- To undertake research so we optimise the impact made by music therapy
- To establish a Centre where a range of beneficial therapies can be accessed





Spotlight on “Music, My Voice” projects

In 2000, we established a special fund for our work with children and young people. Since then over £265,000 has been contributed to enable us to provide thousands of music therapy sessions at a subsidised rate.

ANGELA HARRISON WRITES:

“A huge thank you to all who invest in our service and to Jessie’s Fund, the Garfield Weston Foundation and the W. W. Spooner Charitable Trust for support during 2012.

This year, I have worked intensively with a number of children who find it difficult to communicate through traditional means. By this I mean watching and listening very carefully and mirroring a child’s movements in my gestures and music, which brings us into a truly shared experience - as you can see above. These wonderful responses never fail to move and amaze me.

It has been very good to co-ordinate with other professionals so that each child gains maximum benefit and really most helpful to have Jill, our volunteer and trainee, Kerry working alongside me. Both have built excellent relationships with our clients and helped me to explore new ways of working.

The logistics of visiting a number of different schools is not always straightforward - there have been days when we have had to make a quick gear change to accommodate different clients or therapy space, but maybe this keeps the work fresh!”



Thank you so much to the Dorothy Pamela Smith Charity for their grant to purchase a lockable trolley and keyboard. This relieves the burden of carrying instruments but more importantly, represents the extent to which music therapy is now embedded into the culture of the school.

“The greatest impact is demonstrated through the children’s improved listening, independence, choice making, two way interaction, turn taking and concentration...all involved in the sessions feel a sense of achievement and enjoyment.”

Headteacher of a special school



Developing the profession

PUBLISHING



FAMILY WORKSHOP (AT HALLOWE'EN!)



PRESENTING IN THE UK AND SOUTH KOREA



HANDOVER OF RESPONSIBILITY AT THE BRITISH ASSOCIATION FOR MUSIC THERAPY



Your support



Thank you for all the generous donations received this year:

Intravel;
The Potter family and Farndale visitors;
Friends of the Croft;
The Friends of the NYMTC;
F Strickland-Constable;
Numerous individual donors.

Thank you to everyone who organised events to raise money for us:

The Northern Quaker Schools' performance of Haydn's Creation, York Minster;
Book sale, Helmsley market;
"String Sunday", Bishopthorpe;
U3A concert, Skipton;
Scottish Reels evening, Helmsley

Thank you to all those who have purchased our service, including The Woodlands Academy, Scarborough; Welburn Hall School, Kirkbymoorside; Pickering Community Junior School; Redcar and Cleveland Borough Council and NHS North Yorkshire and York. We are grateful to those who provide regular supervision for our therapists, to Ryedale Special Families for sharing their premises, to HQT for designing this Review and to the volunteers who have hosted and maintained our website, www.music-therapy.org.uk

FINANCIAL REPORT

This year has seen a significant reduction in turnover due to a therapist leaving the NYMTC in February. Levels of donations have increased slightly, and we continue to attract grants for our "Music, My Voice" projects which are proving so effective.

The charity's designated capital asset (investments gifted to NYMTC in 2007) has increased this year and is yielding reasonable levels of interest, given the current markets. The interest earned on the asset, together with reclaimed tax, covers the costs of governance and administration, ensuring that any additional donated funds go directly to supporting charitable activities.

Whilst the unrestricted reserves lie well below the level outlined in the Trustees' Reserves Policy, ie three months general expenditure, there are a number of plans being considered to address this in the short and long term. An exceptional release of a small amount of capital has already been approved for 2013 to support future development.

Balance sheet as at 31 December 2012

	£	2012 TOTAL £	2011 TOTAL £
Fixed assets			
Tangible fixed assets		-	-
Investments		153,727	141,374
		-----	-----
		153,727	141,374
Current assets			
Debtors	4,015		3,708
Cash at bank and in hand	5,713		6,630
		-----	-----
	9,728		10,338
Current liabilities			
Creditors: Amounts falling due within one year	1,458		990
		-----	-----
Net current assets		8,270	9,348
		-----	-----
		161,997	150,722
		=====	=====
Represented by:			
Funds:			
Unrestricted			
General funds	3,173		3,157
Designated funds	153,727		141,374
		-----	-----
		156,900	144,531
Restricted funds		5,097	6,191
		-----	-----
Total funds		161,997	150,722
		=====	=====

For and on behalf of all the Trustees of North Yorkshire Music Therapy Centre

Sir Frederic Strickland-Constable, Chairman

Dated: 14 May 2013

These summarised financial statements contain information from both the balance sheet and the statement of financial activities for the year ended 31st December 2012, but are not the full statutory report and accounts. The full financial statements were approved by the Trustees on the 14th May 2013 and subsequently submitted to the Charity Commission. They received an unqualified independent examiner's report from S P Harrison F.C.A., Townsend Harrison Ltd and copies may be obtained from the charity, tel. 01653 698129.

Statement of financial activities for the year ended 31 December 2012

	Unrestricted funds £	Restricted funds £	2012 Total £	2011 Total £
INCOMING RESOURCES				
From generated funds				
Voluntary income	11,643	-	11,643	11,025
Activities for generating funds	299	-	299	490
Investment income	8,526	-	8,526	7,847
From charitable activities	9,934	9,286	19,220	39,256
Other incoming resources	208	-	208	167
	-----	-----	-----	-----
TOTAL INCOMING FUNDS	30,610	9,286	39,896	58,785
	=====	=====	=====	=====
RESOURCES EXPENDED				
Costs of generating funds				
Costs of generating voluntary income	5,710	-	5,710	6,558
Fundraising trading costs	-	-	-	-
Charitable activities	22,703	10,380	33,083	62,943
Governance costs	2,181	-	2,181	2,153
	-----	-----	-----	-----
TOTAL RESOURCES EXPENDED	30,594	10,380	40,974	71,654
	=====	=====	=====	=====
Net income resources				
Net (expenditure)/income for the year	16	(1,094)	(1,078)	(12,869)
Gain/(Loss) on revaluation of investments	12,353	-	12,353	(7,017)
	-----	-----	-----	-----
Net movement of funds	12,369	1,094	11,275	(19,886)
Transfer between funds	-	-	-	-
Total funds at 1 January 2012	144,531	6,191	150,722	170,608
	-----	-----	-----	-----
Total funds at 31 December 2012	156,900	5,097	161,997	150,722
	=====	=====	=====	=====
MOVEMENT OF FUNDS				
	Balance at 1 Jan 12	Incoming resources	Resources expended	Balance 31 Dec 12
Unrestricted funds	3,157	30,610	30,594	3,173
General	141,374	12,353	-	153,727
Designated				
Restricted funds				
Music My Voice	4,652	9,286	10,296	3,642
Stationery and printing	1,039	-	84	955
Equipment and musical instruments	500	-	-	500
	-----	-----	-----	-----
Total funds	150,722	52,249	40,974	161,997
	=====	=====	=====	=====

North Yorkshire Music Therapy Centre

121 Town Street, Old Malton, Malton, North Yorkshire. YO17 7HD

tel: 01653 698129

e-mail: admin@music-therapy.org.uk

website: www.music-therapy.org.uk



Watercolour by Joan Roy

Thanks to a generous donation, this Review has been produced in loving memory of Joan and her husband Marshall who were both Friends of the NYMTC and great supporters of our work and musical events.

Trustees

Lynne Dawson, President
Sir Frederic Strickland-Constable, Chairman
Graham Long, Secretary
Caroline Hall
Simon Hogge
Mary Jones (until May 2012)
Karen McNeil-Suddaby

Volunteer

Jill Bowman

Patrons

Jane Horrocks
Ian McMillan
Professor Helen Odell-Miller
Bramwell Tovey
Sir Willard White

Therapists

Angela Harrison
Jim Nield
Kerry McDermott



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