

North Yorkshire Music Therapy Centre

ANNUAL REVIEW 2013



“We’re delighted to receive for the second time this prestigious Royal Award.”

Angela Harrison, NYMTC Music Therapist



Chairman's message

“Music is the essential language in our work – it makes ‘conversation’ possible for those who are unable to speak and communicates so much about a person.”

What a busy year! We have delivered music therapy to young and old, visiting schools, hospitals, homes, community centres and providing regular sessions at our administrative base in Old Malton.

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.

Following our AGM in June we were delighted to welcome Declan Suddaby and Nicola Hardy as new Trustees and more recently said a sad ‘goodbye’ to Simon Hogge who has left to dedicate more time to other commitments.

The work of the charity continues to be widely promoted, this summer in Oslo and in 2014, Angela will present a paper at the World Congress of Music Therapy, Austria.

Music is the essential language in our work – it makes ‘conversation’ possible for those who are unable to speak and communicates so much about a person. As you will see in the review, photos can really bring to life the process of music therapy and demonstrate the ways in which it changes lives (see pages 5 & 6). Thank you to all families who have permitted the sharing of media.

We held an evening at the Bar Convent, York in October, when Dr Simon Proctor and Felicity North (a former NYMTC therapist) came to speak about Nordoff Robbins training and practice. Several attendees were inspired to apply for the NR Masters training.

To our delight, the panel of HRH The Duke of York's Community Initiative renewed our Award for a further five years. Particularly exciting was seeing our new young Trustee, Robert Declan Suddaby in conversation with Prince Andrew. Declan spoke openly of his experiences,

“Music therapy changed my life for the better, it gave me the confidence to move on with my life after my diagnosis of autism and it paved the way for me to become a musician. I would be nowhere without it.”

Thank you to our therapists Angela, Jim and Kerry for their commitment and to our President, Patrons and Trustees for their support and hard work. Especial thanks to Jill Bowman who voluntarily offers her invaluable support in therapy sessions and in the office.

We are so appreciative of the support we receive from “Friends”, Charitable Trusts, musicians who raise money for us and all other donors. Thank you to Kim and Dave at HQT for developing our dynamic new website at www.music-therapy.org.uk and to Helen and James for work on the previous site.

I think it is so important for people to have access to music therapy so this coming year will focus on developing NYMTC's work.

Sir Frederic Strickland-Constable



North Yorkshire Music Therapy Centre

Registered Charity no. 702533

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'There have been some wonderful highlights this year - the meeting once more with HRH the Duke of York to receive our award, taking the Centre to the International stage in Oslo at the European Music Therapy Congress and teaming up with a great designer to bring together the style of our publications and website.

More importantly than anything has been watching the delight of parents and children interacting musically and seeing people changing and gaining new confidence and trust as a result of regular music therapy.

The work of the North Yorkshire Music Therapy Centre continues to be of incalculable benefit.'

Lynne Dawson, President



Patron
Jane Horrocks



Patron
Ian McMillan



Patron
Prof. Odell-Miller



Patron
Bramwell Tovey



Patron
Sir Willard White

About the NYMTC

Established in 1987, this award-winning small charity has introduced music therapy into numerous schools, hospitals, care homes and day centres in York and North Yorkshire. Music therapy uses live music making to enable people to communicate and interact together in new ways.

NYMTC Music Therapists work with young people with developmental delay, those with life threatening illness, children on the autistic spectrum or who have emotional and behavioural problems, adults with learning and physical disabilities and older people facing rural isolation.

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

AIMS

- to provide a means of communication for people whose lives are affected by illness or disability
- to increase understanding of music therapy and to promote its benefits
- to improve access to music therapy across North Yorkshire in settings within education, health and social care
- to help families and carers/staff to integrate music into day-to-day life

BECOME A FRIEND

“I have been a volunteer with NYMTC for more than 10 years and have been very aware that without the continuing support of the “Friends” the charity would find it really hard to function successfully. We have to have regular income that can be used wherever it is most needed. A huge thank you to all who are generous enough to make that sort of commitment.”

Jill Bowman, Volunteer

Meet our team



Angela Harrison
Lead Therapist



Jim Nield
Freelance Therapist



Kerry McDermott
Freelance Therapist



Jill Bowman
Volunteer

ACHIEVEMENTS

- Provided over 620 therapy sessions, mainly for children and young people. Supported local parents in making music with their children, in partnership with Ryedale Special Families
- Presented to GPs at a global conference, to the Annual Gathering of MENSA, to therapists and students in the UK and Norway; developed new website for the organisation and planned development
- Laid foundations for future therapists by lecturing at Universities of York and Huddersfield and by hosting an evening with Nordoff Robbins, "Sowing Seeds of Interest in Music Therapy"
- Older people in Thirsk, young families in Thornton Dale and adults with physical and learning disabilities in Malton have all enjoyed our interactive workshops

ASPIRATIONS

- to secure funds to subsidise therapy and increase our range of 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 communication

When complex medical conditions or trauma have left their mark on a person's life, it may not be enough to provide a short period of music therapy. Building a therapeutic relationship using non-verbal communication takes time, but changes lives.

ANGELA HARRISON WRITES:

"The most inspiring part of being a music therapist is seeing people rise above the most challenging of conditions to make contact with me through the music. It may be a moment of meaningful eye contact, a pitched note in harmony with my own, or a synchronising of rhythms tapped out on our

respective chairs. Anyone who has made music with others will understand the importance of the silent communication which underlies the experience. It exists 'in the moment' but remains in the memory, to bring new confidence in our ability to express who we are and how we relate to others."



From the therapist's perspective:

“When K comes into her sessions, she is eager to start and invites me with her eyes to watch and listen intently to what she has to communicate.

There are no words used, but somehow that doesn't matter.

She is such a powerful personality who is keen to show me that she has a sense of humour; to intimate that sometimes her body really hurts but that she can endure it; to demonstrate her inventiveness in varying the way she 'speaks' to me and the fact that week by week she is accruing new skills and accomplishments.

Her face lights up when K watches herself on video, and she quickly anticipates the next frame by singing a snippet of melody. What an inspiration, for me as her therapist and for the whole of K's incredibly supportive family.”



From the family's perspective:

“Throughout these sessions, the music therapist has been laying down foundation stones which have enabled our daughter to achieve a fullness of life which would have been impossible otherwise. She has not only found a way of communicating, but has found a medium of healing and comfort.”

Highlights

Promoting music therapy practice and training at the Bar Convent, York

Angela with Dr Simon Proctor and former NYMTC therapist Felicity North, from Nordoff Robbins.



Presenting at the 9th European Music Therapy Congress in Oslo, Norway

Relaxing with Dr Annie Heiderscheit and Dr Petra Kern, World Federation of Music Therapy.



Award ceremony for HRH The Duke of York's Community Initiative, Bridlington

With trustees Karen and Declan, sharing evidence of the power of music to change lives.



Your support



Thank you for all the generous donations received this year:

Allerston Aloud Choir;
Skipton Quakers;
Penistone Ladies' Circle;
Friends of the Croft;
The Friends of the NYMTC;
Eboracum Motorcycle Club;
Husthwaite Joint Churches;
Airton WI;

Sand Hutton Saturday Social;
Numerous individual donors.

Thank you to the Charitable Trusts whose committed support for music therapy has helped to change lives:

Jessie's Fund;
The Garfield Weston Foundation;
W W Spooner Charitable Trust;
The Dorothy Pamela Smith Charity.

Thanks also to The Woodlands Academy, Scarborough; Welburn Hall School, Kirkbymoorside; Pickering Community Junior School; Redcar and Cleveland Borough Council; Ryedale and District MENCAP; Thirsk Community Care and Scarborough and Ryedale Clinical Commissioning Group. We are grateful to those who provide regular supervision for our therapists, to Ryedale Special Families for sharing their premises, and for the patience and creativity of Kim and Dave at HQT Ltd in designing this review and our new website, www.music-therapy.org.uk

FINANCIAL REPORT

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.

An exceptional release of a small amount of capital was approved in 2013 to strengthen the charity's unrestricted funds and to support future development. The charity's Trustees are producing a Development Plan for 2015-2018, the aims of which will be to secure the long term future of the organisation and improve access to music therapy services across North Yorkshire.

Balance sheet as at 31 December 2013

	£	2013 TOTAL £	2012 TOTAL £
Fixed assets			
Tangible fixed assets		-	-
Investments		160,502	153,727
		-----	-----
		160,502	153,727
Current assets			
Debtors	3,035		4,015
Cash at bank and in hand	8,666		5,713
		-----	-----
	11,701		9,728
Current liabilities			
Creditors: Amounts falling due within one year	2,899		1,458
		-----	-----
Net current assets		8,802	8,270
		-----	-----
		169,304	161,997
		=====	=====
Represented by:			
Funds:			
Unrestricted			
General funds	2,057		3,173
Designated funds	160,502		153,727
		-----	-----
		162,559	156,900
Restricted funds		6,745	5,097
		-----	-----
Total funds		169,304	161,997
		=====	=====

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

Sir Frederic Strickland-Constable, Chairman

Dated: 4 June 2014

These summarised financial statements contain information from both the balance sheet and the statement of financial activities for the year ended 31st December 2013, but are not the full statutory report and accounts. The full financial statements were approved by the Trustees on 4th June 2014 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 2013

	Unrestricted funds £	Restricted funds £	2013 Total £	2012 Total £
INCOMING RESOURCES				
From generated funds				
Voluntary income	5,496	-	5,496	11,643
Activities for generating funds	337	-	337	299
Investment income	7,503	-	7,503	8,526
From charitable activities	10,871	11,000	21,871	19,220
Other incoming resources	5	-	5	208
	-----	-----	-----	-----
TOTAL INCOMING FUNDS	24,212	11,000	35,212	39,896
	=====	=====	=====	=====
RESOURCES EXPENDED				
Costs of generating funds				
Costs of generating voluntary income	5,674	-	5,674	5,710
Fundraising trading costs	-	-	-	-
Charitable activities	22,975	9,352	32,327	33,083
Governance costs	1,433	-	1,433	2,181
	-----	-----	-----	-----
TOTAL RESOURCES EXPENDED	30,082	9,352	39,434	40,974
	=====	=====	=====	=====
Net income resources				
Net (expenditure)/income for the year	(5,870)	1,648	(4,222)	(1,078)
Gain/(Loss) on revaluation of investments	11,096	-	11,096	12,353
Realised gain on investments	433	-	433	-
	-----	-----	-----	-----
Net movement of funds	5,659	1,648	7,307	11,275
Transfer between funds	-	-	-	-
	-----	-----	-----	-----
Total funds at 1 January 2013	156,900	5,097	161,997	150,772
	-----	-----	-----	-----
Total funds at 31 December 2013	162,559	6,745	169,304	161,997
	-----	-----	-----	-----
MOVEMENT OF FUNDS				
	Balance at 1 Jan 13	Incoming resources	Resources expended	Balance 31 Dec 13
Unrestricted funds				
General	3,173	28,966	30,082	2,057
Designated	153,727	6,775	-	160,502
Restricted funds				
Music My Voice	3,642	11,000	8,196	6,446
Stationery and printing	955	-	656	299
Equipment and musical instruments	500	-	500	-
	-----	-----	-----	-----
Total funds	161,997	46,741	39,434	169,304
	=====	=====	=====	=====

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

Patrons

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

Trustees

Lynne Dawson, President
Sir Frederic Strickland-Constable, Chairman
Graham Long, Secretary
Nicola Hardy, Treasurer
Caroline Hall
Simon Hogge (to March 2014)
Karen McNeil-Suddaby
Robert Declan Suddaby

Volunteer

Jill Bowman

Therapists

Angela Harrison, Lead Therapist
Jim Nield, freelance
Kerry McDermott, freelance



Registered Charity no. 702533



Thanks to a generous donation, this review has been printed in loving memory of Joan and Marshall Roy, much appreciated supporters of NYMTC.



*Grateful thanks for kind permission to publish photos:
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