

MEETING: 04/09/2013

Ref: 11663

ASSESSMENT CATEGORY – Improving Londoners' Mental Health

Ealing Music Therapy

Adv: Tim Wilson

Base: Ealing

Amount requested: £26,545

Benefit: Ealing

Amount recommended: £26,700

Purpose of grant request: To provide a Parent and Child centred music therapy Saturday Service in West Ealing.

Background

Ealing Music Therapy (EMT) was formed in the early 1980s by a clinician who had children with profound special educational needs. Although her children responded well to music therapy, the closest provision was north of Kentish Town and thus difficult to access. Music therapy is particularly beneficial for non-verbal children. It aids the development of communication, turn-taking and group-work skills. It also enables children on the autistic spectrum to release frustrations.

Today, the bulk of EMT's work is delivered in special schools in Ealing, mainly at secondary level. Five years ago the charity established a Saturday service following growing interest from parents of children who do not attend these schools. Saturday classes allow EMT to work with younger children. The charity believes that music therapy can have a deeper impact on the lives of disabled children if they are engaged at a primary or even pre-school age.

Funding History

You awarded EMT £19,000 in February 2006 under your Main Grants programme for an early-years music therapy project. Monitoring reports were rated as 'good', and the grant has been made historic.

Current Application

The charity seeks funding towards its Saturday service for Ealing families. The service is promoted through local parent and toddler groups for families with disabled children, and runs each weekend during term time from 9am until 2pm. Until recently the Saturday service was supported by the London Borough of Ealing, and whilst the local authority still values the charity's work, it has stated that it can no longer fund it. There is no statutory requirement to provide music therapy. Whilst local schools have committed to purchase EMT's services directly, the charity needs support from other funders for its work with younger children.

Your grant would allow EMT to maintain its early intervention work and broaden its reach beyond special schools. You are asked to cover 20% of the Music Therapist's time together with a Learning Support Assistant, professional indemnity insurance and rent of the Saturday premises.

In addition to the benefit to children, the Saturday service also helps parents to learn new care techniques, meet their peers and form support networks. Parents with disabled children can often feel isolated and excluded from mainstream music classes. EMT report a number of cases where Saturday service participation has helped parents see their children in a new and more positive light, and to develop the confidence to take part in other local events that are not solely for people with disabilities.

Financial Observations

Audited accounts for the year ended 31 March 2012 show a surplus of £4,489 (8.1% of turnover), comprising a surplus on restricted funds of £6,451 and a deficit on unrestricted funds of £1,962.

EMT's policy is to maintain 9 months of annual operating costs in free reserves, equating to £42,822 based on current year expenditure, so that it can give a term's notice to schools and parents and enable children to complete a reasonable number of sessions. At 31 March 2012 free reserves stood at £29,615, equivalent to 6.2 months' current total expenditure.

Draft figures for 2012/13 show a deficit of £17,733 (41.2% of turnover), comprising deficits of £16,462 on restricted funds and £1,714 on unrestricted funds. The charity anticipates a further deficit of £7,440 (15% of turnover) for the current year ending 31st March 2014, comprising a deficit of £15,870 on restricted funds partially offset by a surplus of £8,430 on unrestricted funds. Free unrestricted reserves are projected to total £36,331 at the end of 2013/14, equating to 7.6 months' worth of expenditure, marginally short of the target to hold 9 months.

Officer's Appraisal

EMT is a small charity, heavily reliant on a group of committed trustees who provide the bulk of the organisation's administrative work. Valued locally, EMT has established strong relationships with special schools, but is keen to maintain its support for much younger children.

Recommendation

£26,700 over three years (£8,600; £8,900; £9,200) towards the costs of a Music Therapist and Learning Support Assistant (both 5 hours per week), and associated on-costs for Ealing Music Therapy's Saturday Service.



The City Bridge Trust

Charity Registration Number: 1035628

Working with Londoners: Application for a grant

Please read the guidance notes before completing this form

Reference:
(office use only)

11663

Date Received:

20/02/2013

Programme
Area:

03

1. About your organisation

Name of organisation applying for grant: Ealing Music Therapy	
If the organisation is part of a larger organisation, what is its name?	
Address for correspondence: 22A Ealing Road Ealing London	
Postcode: W13 6DR Is this your home address? Yes	
Contact person: Mrs Jennifer Whadcoat	Position: Trustee
Phone: 020 8248 2258	Fax:
E-mail: whadcoat@ntlworld.com	
Website: http://www.ealingmusictherapy.org	
Legal status of organisation: Registered Charity If registered, please give charity number: 801405 Date organisation established: 01/09/1986	

2. Request for funds

Under which of the Trust's themes are you applying (see our website or brochure for further details)? Improving Londoners' Mental Health
Purpose for which funds are requested: (25 words maximum) To provide a Parent and Child centred music therapy Saturday Service in West Ealing.
How much funding is requested? Year 1: £8,588 Year 2: £8,846 Year 3: £9,111 Total: £26,545

3. Aims of your organisation

Ealing Music Therapy (EMT) provides music therapy to children and young people who have special needs or any kind of disability who live in Ealing or attend schools in the Borough. The aims of the sessions are to develop language and communication skills for example by focusing on turn taking, improving eye contact and making choices. Increasingly children are being referred to EMT with emotional difficulties and very challenging behaviour. The objectives of their sessions are to develop strategies to cope with their lives and to explore their feelings in a safe and supportive environment. EMT constantly strives to develop the service to meet the needs of children and their families.

4. Main activities of your organisation

EMT provides a music therapy service for one day per week in each of five special schools and one mainstream primary school during term time. The therapist works closely with school staff and multi disciplinary teams in organising referrals and involving them in sessions where possible. They provide feedback to parents / carers, teachers and other professionals. The therapists review the child's progress toward their individual objectives each term and decide whether they should continue. Reports are provided when necessary and parental involvement warmly welcomed.

The therapists offer workshops to the staff at each school so they understand the aims of music therapy and many have asked to be trained in some of the techniques used so they can use them every day. Recent feedback from one teacher "It is lovely to see "A" I had seen him as a very disruptive child in class but after a period of therapy the therapist showed us his creative side and the relationships in the classroom have improved significantly".

A Saturday service is also offered in a local church centre.

5. Number of staff

Full-time	Part-time	Management committee members	Active volunteers
0	4	7	0

6. How do you support your volunteers?

The management committee are all voluntary Trustees. We encourage them to learn about Music Therapy through attendance at workshops and working with our Therapists.

7. Property occupied by your organisation

Is the main property owned or leased/rented by your organisation?	If leased/rented, how long is the outstanding lease/rental agreement?
Rented	Not applicable

8. Finance

From your most recent audited or independently examined accounts, complete the following:

Financial year ended - **Month: March**

Year: 2012

Income received from:	£
Voluntary income	26,683
Activities for generating funds	0
Investment income	43
Income from charitable activities	28,450
Other sources	0
Total Income	55,176

Expenditure:	£
Charitable activities	50,240
Governance costs	447
Cost of generating funds	0
Other	0
Total Expenditure:	50,687
(Deficit)/surplus for the year:	4,489

Asset position at year end:	£
Fixed assets	0
Investments	0
Net current assets (liabilities)	29,615
Long-term liabilities	38,015
*Total A:	67,630

Reserves at year end:	£
Endowment funds	0
Restricted funds	38,015
Unrestricted funds	29,615
*Total B:	67,630

* Total A and Total B must be the same and should be taken from your balance sheet

9. Statutory funding

For the financial year above, what % of your income was from statutory sources?
0%

10. Material changes

Describe any material changes to the organisation's activities, structure or financial position since the date of the most recent accounts:

EMT no longer receives funding from the Big Lottery and the London Borough of Ealing so this application is part of our funding strategy.

11. Previous applications to the Trust

Have you applied to the Trust before? If so, please give details:

Month/Year:	01/03	Ref:	6884	Grant received:	£19,000	OR application rejected?	No
Month/Year:		Ref:		Grant received:		OR application rejected?	
Month/Year:		Ref:		Grant received:		OR application rejected?	

12. Previous funding received

Funding received by your organisation from the following sources during the last **THREE** years:
(i) City of London (other than the City Bridge Trust) **(ii)** London boroughs **(iii)** London Councils (formerly ALG)
(iv) Health authorities **(v)** Central government departments **(vi)** Other statutory bodies (e.g. Housing Corporation, Arts Council) - List source, years and annual amounts:

	Year: 2010	Year: 2011	Year: 2012
(i)			
(ii) London Borough of Ealing	14,000	14,000	7,583
(iii)			
(iv)			
(v)			
(vi)			

13. Previous grants received

Grants received by your organisation from charitable trusts and foundations (other than the City Bridge Trust) during the last **TWO** years. List source, years and annual amounts:

	Year: 2011	Year: 2012
Big Lottery	19,000	19,000

14. What steps is your organisation taking to reduce its carbon footprint?

EMT is registered and managed from a private address thus saving in office overheads. The sessions are in schools or a church centre which are already occupied so no additional heat or lighting are required. Communications between Staff, Trustees and suppliers is electronic wherever possible. Banking is done online to save resources. The Music Therapists go to the schools and stay there for the full day so not incurring additional travel costs. The Trustees are always looking for ways to reduce costs and this goes together with a consideration of our carbon footprint.

15. Purpose

Complete this section whatever the amount of grant requested. **In addition**, if the request is for £25,000 or more in total, a fuller proposal should be sent with this form. Also, if your application is for all or part of new or existing post(s), please enclose a copy of the relevant job description(s) including the salary level.

In order to provide the right information, please refer to guidance note 15 before completing this section.

It is well known having a child with Special Educational Needs can have a detrimental effect on adult health and well being, this leads to high expenditure on health support and social welfare. The Centre for Excellence and Outcomes in Children and Young People's Services (C4EO) produced a report in October 2010 called Grasping the Nettle and two of the areas they suggest should be addressed are language and communication skills and engaging parents in their child's development at the earliest opportunity to improve parent child bonding thus leading to a more positive parental experience.

Early intervention in a Parent Child centered interaction programme enables the family relationship to develop positively for both the adults and children.

EMT has a Senior Music Therapist who is a qualified Integrative Arts Parent Child Relationship Therapist and EMT wishes to develop the Saturday Service to use the strategy to support the families who attend.

EMT has evidence this approach is successful. One father who brought his daughter with Downs Syndrome to sessions was unable to make eye contact with her and was very withdrawn when speaking to adults. The therapist made a point of inviting him to sometimes join in her sessions or would speak to him carefully each week encouraging him with feedback on what his daughter had achieved in her session. At the Christmas "sharing" in December 2012 he proudly joined in all the activities with her and applauded her drumming enthusiastically.

Another parent has referred herself and her 10 year old child with autism as "I get so frustrated with and cannot relate to her, can you help us, I am at the end of my tether?". After an assessment session their programme started in January 2013, after three sessions the mother has reported her daughter loves the musical games and talks about them at home. She also spoke at length to the therapist and felt she was beginning to understand her daughters behaviour and was starting to feel positive about personality traits which she had been struggling with.

After EMT receives a referral the parent(s) are invited to come with their child to an assessment session and, if it is felt therapy is appropriate, an initial block of five sessions are offered, the sixth session is a feedback with the parent. The sessions are either group or individual depending on the needs of the children and a mixture of music, drama and movement are used. The families are present in the sessions if it is felt to be helpful. Otherwise they have a pleasant waiting area and have the time to talk to one another and this has forged friendships and playdates for the children leading to comments on "feeling normal taking a child to a Saturday activity like everyone does".

The sessions are held in St Stephen's Church Centre in West Ealing which is a fully accessible building with good transport links. It is used by other groups at the same time and this gives the families the feeling of belonging to a community. Two of the children have moved on to attend a drama class held at the Centre, a source of great pride to the families.

Referrals come from the website, schools and nurseries.

The service is provided by a Senior Music Therapist and a Learning Support Assistant who is present in the sessions. Financial support is requested for salaries, rent and employers insurance. There are not any significant overheads as EMT is managed and run by the voluntary Board of Trustees with an office in a private house.

16. Explain how you will monitor and evaluate both your own outcomes and those of the programme under which you are applying.

Each child is an individual and EMT closely monitors each client's progress against the outcomes agreed at the start of therapy and, in the case of the Saturday Service, between the parents and Music Therapist who provides feedback to the parents carers after each session.

EMT is used to providing monitoring information and we adapt our procedures to match the particular requirements of our funders. As we are now seeking to support families with mental health issues we are already asking parents and carers to indicate by marking on a 10 centimetre line how they feel and this will be re-presented at intervals throughout the programme and at the conclusion of therapy. This information can be collated from all the participating families.

EMT is always looking for new ways to measure our outcomes and evaluate the service and appreciates the input we have from our funders.

17. Beneficiaries

In line with our anti-fraud policies, we may, in exceptional circumstances, require you to provide contact details of your beneficiaries (see Guidance Notes).

How many people will benefit from the grant per year?			
35			
What age group will benefit? Adult, under 5, over 5 years			
In which local authority is your organisation based?			
Ealing			
Which borough(s) of Greater London will benefit from this grant? (if more than one, please give % for each)			
Ealing			
At what address will the activity be located?			
St Stephen's Church Centre West Ealing			
What will the ethnic grouping(s) of the beneficiaries be?			
	%		%
White - British		Black - Caribbean	
White - Irish		Black - African	
White - Other (please describe) Polish		Black - Other (please describe) Somali	
Asian - Indian		Black - British	
Asian - Pakistani		Chinese	
Asian - Bangladeshi			
Asian - Other (please describe)		Other (please describe) Japanese	
Open to everyone			100
What proportion of the beneficiaries will be disabled people?			
70%			

18. Funding required for the project

What is the total cost of the proposed activity/project?

(List main expenditure headings and amounts)

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Music Therapist	4,370	4,501	4,636	13,506
Learning Support Assistant	1,580	1,627	1,676	4,883
Rent	1,940	1,999	2,059	5,997
Overheads	289	298	307	894
Contingency	409	421	434	1,264
TOTAL	8,588	8,846	9,111	26,545

What income has already been raised? (List amounts and main sources)

Source	Year 1 £	Year 2 £	Year 3 £	Total £
Nil				
TOTAL				

What other funders are currently considering the proposal?

Funder	£
None at present	
TOTAL	

19. Funding requested from the Trust

How much is requested from the Trust? (List main expenditure headings and amounts)

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Music Therapist	4,370	4,501	4,636	13,506
Learning Support Assistant	1,580	1,627	1,676	4,883
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Overheads	289	298	307	894
Contingency	409	421	434	1,264
TOTAL	8,588	8,846	9,111	26,545

20. Funding requested from the Trust (continued)

When will the funding be required?

01/05/2013

Is the activity to continue beyond the period for which funding is requested?

If so, how will it be resourced?

Applications to grant giving bodies will be made towards the end of the funding period. This is part of our ongoing funding strategy as indeed is this application to the City Bridge Trust.

If any planning or other statutory consents are required for the project to proceed, what stage have the applications reached?

None required

Declaration on behalf of applicant organisation

I, JENNIFER L. WHADCOAT (your name)

am an authorised representative of

Ealing Music Therapy (your organisation)

within which I am Trustee (your position)

To the best of my knowledge, all the information that I have provided in this application form is correct. I fully understand that the City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Signature Jennifer L Whodcock Date 21st February 2013.

How your information will be used by the Trust

City Bridge Trust (which is administered as part of the Bridge House Estates by the City of London Corporation) processes personal data in compliance with the Data Protection Act 1998. The Trust obtains and uses information, including personal data, as part of the process of assessing grant applications and monitoring the use of grants. The information you provide on the application form may be made public as part of the assessment of this application. In addition, the Trust may share this information with third parties, including other funders, its external consultants and external auditors, police and regulatory bodies for the purpose of determining, preventing or detecting crime; or ensuring that no organisation is receiving duplicate funding; or the validation of contracts; or where this is otherwise required by law.

By signing and submitting your application form you give your explicit consent for us to use data relating to your application as set out above.

Our contact details for enquiries about how we process your information are:

The City Bridge Trust, City of London, PO Box 270, Guildhall, London EC2P 2EJ. Telephone: 020 7332 3710

Concerns over fraud and corruption

Should you, at any time, have concerns of fraud and corruption within your organisation relating to the grant, then please raise your concerns with us using our Whistle Blowing facilities. You may use our Audit team's 24 hour answer phone number, 020 7332 3663, to report the details or email raiseyourconcern@cityoflondon.gov.uk

Return the completed form to: **The City Bridge Trust**

City of London
PO Box 270
Guildhall
London EC2P 2EJ