



LIBRETTO

It's the time of the year when many of us are saying "it can't be nearing Christmas again".

How the year has flown by! For all of us at Otakar Kraus Music Trust it has been a year for growth and development, particularly in the area of our special projects. Each of these has the goal of providing a better quality of life for the very special children we help. It has been an extra joy for us as we have been able to make many new friends along the way and cement several existing relationships with people who have supported our efforts and have been a source of encouragement as we continue to enjoy all that the power of music can offer.

What can I give for Christmas?

There are always friends and family members for whom it is difficult to buy a present. Helping a child with special needs provides an opportunity to say to someone close to you that you want to give this invaluable gift in their name.

It costs £35 to provide a Music Therapy session which forms part of a journey towards a better quality of life for our special children. Send your donation to Otakar Kraus Music Trust at 3 Twining Avenue, Twickenham, TW2 5LL together with the name and address for the recipient of our **GIFT OF THE POWER OF MUSIC** certificate. This will be sent out to your friend so that they know that the donation has been given in their name.

I would like to donate £ to the Otakar Kraus Music Trust in support of one of your special children. This donation is in the name of:

.....

Please send the donation certificate to me as follows:

Name.....

Address.....

Tel:.....Email.....

Or directly to:

Name:.....

Address.....

Music Club

The success of Music Club continues to grow. As reported in an earlier edition of Libretto, Music Club has been uniquely developed by OKMT Music Therapist, Edison Carolino. It is held on Tuesdays at the Me Too Centre in St Stephen's Church, Twickenham (primary sponsor BBC Children in Need) and at Hampton in association with Three Wings Trust (primary sponsor Thames Community Foundation). These are fun workshops for all children between the ages of 2 and 12, regardless of their abilities. Music Club involves the creative exploration of sound and movement. Using torches, lights, silhouettes, percussion instruments and the piano, children are given an opportunity to experience different ways to explore their imagination in a musical context. The sessions are accompanied by music and multi-sensory equipment.



The workshops aim to develop positive expectations from music. They help to build a relationship both with the music therapist and the family. Not only does the child develop an ability to listen, it also encourages communication skills. With the relief of tension and anxiety that the workshops create, an increase in self-awareness, motivation and confidence can be identified.

Libretto has spoken to some of the parents of children attending Music Club to find out why they feel it has been such a positive influence on their own child.

'We've been coming to the Music Club every week for the past year. It is without a doubt the most rewarding and encouraging session and the children adore Eddie, the Music Man. It is incredibly moving to see children of all ages responding to and communicating through the music.'

(Mother of two boys, one with Down's Syndrome)

'We very much enjoy the Music Club. It has been a great confidence booster for my son. Eddie is so good with all the children. It is the highlight of our week.'

(Mother of son with delayed development)

‘My son is transfixed at the Music Club session, he actually listens and is just mesmerised by it all’

(Mother of son with delayed development)

‘It’s the only time in the week that I see my son smile’

(Mother of a son with autism)

SECOND CLUB OK TO START IN JANUARY

Our new project, Club OK, which began at the beginning of the year, is proving to be a great hit with the teenagers and young adults who are attending. Such is its success, that a second Club OK will begin in the New Year on Saturdays at 5.00 pm at The Music Therapy Studio in Twickenham. As with the existing Club OK, it will be run by OKMT’s Carmem Coles.

The existing programme, which will continue, is being run for young people with special needs. It helps its members interact with each other, gain in self-confidence, focus and explore their own creativity. Each week a different subject is explored from Egypt to The World of Music. By combining many different creative elements, OK members join forces to draw, play music and have fun, all of which encourages and gives them the confidence to explore team work and social interaction. Carmem’s own words illustrate how a particular session can unfurl.

“I started to draw a treble clef and quaver for each of those participating. They had to make a choice on how they wanted to colour it. I was delighted to see how this turned into beautiful art. I laminated everyone’s work, which we cut into small pieces to make it into a sort of puzzle. By making art and later a puzzle we had a lot of fun. Club OK members then communicated to me what they liked, which colours they wanted to use, sharing the pencil with each other. It went really well, particularly since the social interaction of sharing is a difficult experience for these particular teenagers and young adults.

Later in the session I used musical notes to introduce another game. We had to tap on the table the rhythm of the note each one had in front of him. I was the leader but everybody had a goal of being the leader. A colourful parachute was introduced into the group. They had to move and dance while holding it. The catch was when the music changed from classical to samba, and so on, they had to move and dance with the rhythm of the music. The parachute brought them together.”



Is it samba or rumba?
It's definitely the time to wave
the flag.



Volunteer Kathleen Butler
joins Club OK members for a
Creative afternoon



Club OK members get down
to creating some wonderful art

Places for the Saturday group are still available. For further information about Club OK please call OKMT at 0208 894 2007 or email okmtrust@aol.com

New Year, New Project

With the New Year fast approaching, **LIBRETTO** would like to share with all its readers' details of a new project we are planning for 2010.

As you know we have been providing Music Therapy to people with varying disabilities since 1990. We are proud of our record and of the on-going support we are able to provide to children and adults with special needs.

During the course of our work we talk at length to the parents of our clients and have come to fully understand how living with a special needs child has times of great joy and love but it can also create particular stresses and frustrations within the home. Parents have expressed to us how they feel helpless and desperate that they are unable to better cope with distressing behaviour manifested by certain conditions, particularly when this is detrimental to the child and the rest of the family.

As part of the on-going innovative projects developed by OKMT, it is our intention to introduce a 10 week Introduction to Music Therapy course aimed at parents and teachers working with children with special needs. In association with the Three Wings Trust, we will provide carers of special needs children with the knowledge of how to use music as a tool that will enable them to help their child enjoy a better quality of life both at home and in the classroom.

The project will provide a structured approach and practical hands on training to facilitate participants to listen, identify and respond to their child's needs musically and verbally. A basic knowledge of music therapy theory and principles will be taught. These are for application when working with children (and adults) with a wide range of disabilities

including autistic spectrum/communication disorders, emotional/behavioural disturbance, mental illness and learning and physical disabilities.

This course is not a qualification to practice as a music therapist and does not set out to impart specific musical or therapeutic skills. It does provide a focus on how to cope, improve and avoid some of the stresses that occur in the home or at school. No previous musical experience is required.

We are particularly excited about this new project as we believe it is what many parents in our area are looking for to enable to provide an all round better quality of life within the home environment. We are actively pursuing funding for this programme. If you would like any further information call the Trust on 020 88942007 or email okmtrust@aol.com

Oxshott Choral Society Christmas Concert for OKMT

Enjoy a musical start to the Christmas festivities with the Oxshott Choral Society as it performs in annual concert in the beautiful St Andrew's Church in Oxshott. Otakar Kraus Music Trust is to be the named charity that this excellent choir will be supporting in 2009.

The concert will begin at 7.30 pm on Saturday, 12 December 2009. Tickets can be purchased at the door for £11.

The poster features a vertical gradient background transitioning from orange at the top to purple at the bottom. In the top right corner, there is a logo for the Oxshott Choral Society, consisting of a stylized 'OCS' monogram in white on a purple square, with the text 'oxshott choral society' written vertically to its right. Below the logo, the text 'Oxshott Choral Society' is written in a large, white, sans-serif font. Underneath, the word 'presents' is in a smaller white font, followed by the title 'Hallelujah' in a large, elegant, white cursive script. Below the title, the text 'HANDEL'S MESSIAH (PART 1) & CAROLS FOR ALL' is written in a white, sans-serif font. The venue 'ST ANDREW'S CHURCH, OAKSHADE ROAD, OXSHOTT' is listed in a white, sans-serif font. The date and time 'SATURDAY 12TH DECEMBER AT 7.30pm' are also in white, sans-serif font. The conductor's name 'CONDUCTOR - VALERIE BEYNON WITH PROFESSIONAL SOLOISTS' is written in a smaller white, sans-serif font. In the bottom left corner, there is a small logo for the Otakar Kraus Music Trust with the text 'In aid of the Otakar Kraus Music Trust'. In the bottom right corner, there is a small logo for the RCSheriff Trust with the text 'the RCSheriff Trust celebrating the arts in Sherwood'. At the very bottom, there are three logos: 'making music' in a red box, the website 'www.oxshottchoral.org.uk', and the RCSheriff Trust logo again.

Oxshott Choral Society
presents
Hallelujah
HANDEL'S MESSIAH (PART 1)
&
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ST ANDREW'S CHURCH, OAKSHADE ROAD, OXSHOTT
SATURDAY 12TH DECEMBER AT 7.30pm
CONDUCTOR - VALERIE BEYNON
WITH PROFESSIONAL SOLOISTS
In aid of the
Otakar Kraus
Music Trust
Tickets : adults £11/children £6
choir members or on the door
01372 464228
making music
www.oxshottchoral.org.uk
the RCSheriff Trust
celebrating the arts in Sherwood

TOPS FOR ANOTHER YEAR

All of us at OKMT are delighted to have been named for a second year as the charity to be supported by the Twickenham Operatic Society (TOPS). It was a great privilege to be associated with the award winning organisation this year through their production of Godspell. We are also looking forward to their 2010 production of Smokey Joe's Café which will be staged at the RFU from 3 – 6 March 2010. It should be a very special

event which corresponds to our very special relationship with this enthusiastic musical company.

TONY AND PETER SWIM FOR OKMT

OKMT were looking for swimmers to fundraise for us by swimming in the The Rotary Club of Twickenham's Swimathon on 27 September. Tony and Peter from Arthur's Restaurant on Twickenham Green stepped up to the mark, or rather took to the pool like ducks to water as they completed an amazing 106 laps. They raised £211 for the Trust which, when you put this into context, means it will provide 6 music therapy sessions for one of our special children.

With that kind of stamina we are wondering whether we should suggest the English Channel next – but joking aside, their wonderful achievement shows how one sporting activity can help the Trust. We are sure that some readers of **LIBRETTO** have their own speciality that could score some valuable funds to support our work.

All that is left to be said.....

....is that all of us at Otakar Kraus Music Trust wish you and all of your families a very happy, healthy and peaceful Christmas and New Year. On behalf of all the children your support has helped thank you for your enthusiasm and encouragement for our work which could not continue without you. Enjoy this special time with friends and family.

