

North Yorkshire Music Therapy

Dear Friends and Supporters

It's been a busy time here in the North Yorkshire Music Therapy Centre (NYMTC) office and we have lots to share with you. With 2019 already well underway, exciting plans afoot and new music therapy enquiries coming in each week, it looks set to stay busy well into the future.

2018 marked a new chapter for NYMTC, with the retirement of Angela Harrison from her role as Head therapist, and the appointment of Laura Festa as Director of Music Therapy. This year promises to be one of growth and development, and we'll keep you up to date with all the going's on in our quarterly newsletter.

Running a charity is incredibly rewarding, but there's no denying it's tough. We're reliant on the support we receive from grant-giving trusts, from fundraising events and from you. Every single person who comes to us for music therapy is able to do so because you make it possible, and we are always grateful for your generous support.

Laura and Kerry

Welcome...

We were delighted to welcome Laura Festa to the team in August 2018.

Having relocated to the UK in 2014 from the warmer climes of Syracuse, on the Sicilian coast, Laura brings a wealth of knowledge and experience to her role.

After achieving a bachelor's degree in Piano Performance and a Master's degree in Literature from Roma Tre University, Rome, Laura undertook training in music therapy. After qualifying, she spent the next decade working with children in special needs schools and running her own Music Therapy Centre.

Here in the UK, she spent several years providing music therapy to residents in a care home setting, before joining NYMTC as Director of Music Therapy.



Laura Festa, Director of Music Therapy

Laura has made a great start to her role, combining clinical work with the continued development of the charity. At present she is focusing on providing music therapy to the schools and clients we already work with, and fulfilling the many new requests for therapy we receive each week. To meet this growing demand, she is currently building a team of freelance music therapists to ensure that our services are accessible right across North Yorkshire, in even the most rural locations.



Angela holding one of her gifts, a ceramic plaque made by our talented President, Sir Fred Strickland-Constable

... and farewell

At the end of October we said goodbye to Angela Harrison, who retired from her role as head therapist after 25 years with NYMTC.

The occasion was marked with a party to celebrate Angela's many achievements, and she was sent off in style with music, singing, a firework display and gifts including a wonderful hand-crafted ceramic plaque (pictured) and two beautiful roses, appropriately named 'Angela' and 'New Dawn'.

We very much hope that Angela will continue to be an ambassador for NYMTC and music therapy long into the future, and wish her every success in her future endeavours!

Out and about

January has proved to be a busy time for enquiries, and we're pleased to be working with a number of new clients.

We're particularly excited to be providing music therapy to residents at Botton Community village, in the North Yorkshire Moors National Park, which provides opportunities and support to people with learning disabilities and other special needs. We are equally pleased to be working with a group of young people from a York-based special secondary school, using music therapy to support their studies at Askham Bryan college.

In October 2018 we worked with Malton Library to offer six free weekly group sessions for parents/carers and children under 3, with a view to supporting bonding, confidence and development. The sessions proved really popular and we're hoping to secure some funding to run more sessions later this year.

Whilst many of our clients are part of organisations such as schools and supportive communities, we also work with a number of people individually, delivering therapy sessions in the comfort of their own home.

Most of our referrals are received via health and other professionals i.e. teachers, support workers etc, however an increasing number of people come to us having read about the positive ways in which music therapy can help people, and it's really encouraging that music therapy is beginning to receive widespread recognition.

A quick look back to...

Mary and Raymond Abbotson, NYMTC's founders, working with the Atari Computer in the famous Luton van. The van, funded by a Children in Need telethon, was purpose-built as a mobile therapy space, with state of the art equipment and instruments, and could regularly be seen zooming around North Yorkshire.



Our website: what would you like to see?

Our website is one of the major ways we tell people about music therapy and the service we provide, and we're currently looking at what we can improve to ensure it's doing its best for NYMTC.

We're hoping to create a new website with a fresh, modern look, and we would love to hear your thoughts on what we could improve, change or keep.

You are welcome to share your suggestions with us at admin@music-therapy.org.uk

Thank you to...

The Easingwold Singers for their kind donation of £100.

The 200 Singers, who spread festive cheer whilst busking in York, raising a fabulous £44.

The 'Loafers on the Green', for choosing NYMTC as their charity of the year, and raising a whopping £180 selling delicious home made bread at the Claxton and Sand Hutton Parish 'Saturday Social'.

Everyone involved with the Autumn Serenade concert at St Chad's Church, York, particularly the Giocosio Wind Ensemble and Helen Odell-Miller, soprano, for raising an incredible £827 for NYMTC.

Our amazing Friends, for their generous support.

Thank you so much to all our supporters, the work we do wouldn't be possible without you.

Our freelance music therapists

Jane Troughton is in her final year of music therapy training, and works with a few of our larger organisations, providing group and individual music therapy.

Jane is also a trained soprano and, in 2015, gained a doctorate in Music from the University of York.

She believes that music is a frequently untapped and rich resource of emotional language, and is excited by how, in the safety of a shared music therapy session, people can express and communicate feelings, and experience deep affirmation through the acceptance, understanding and responsiveness of the therapist.



Jane Troughton, trainee music therapist