

North Yorkshire Music Therapy

Dear Friends and Supporters

Our June newsletter brings some exciting news.... We have a new home!

It's been increasingly clear for some time that our very small office in Old Malton wasn't quite up to the task of supporting the next chapter in NYMTC's development, and so the time came for us to find a new premises to expand into. We've been on the look out for somewhere that could provide a suitable space for music therapy sessions and other events; we also hoped to find somewhere with plenty of office space for the small team of volunteers we hope to start recruiting later this year to support NYMTC as it develops.

Having searched for a few months, in late 2018 a fantastic space became available at Wath Court, near Hovingham. Formerly farm buildings, Wath Court was redeveloped and is now home to a number of local businesses, including Jody Gray Upholstery, Banks Music and Wath Court Nursery. The available unit, 'The Byre', offered ample space for us to grow, and with ground floor access, disabled toilets and plenty of parking space, it also provided a really accessible space for differently abled people.

We spent May moving in and it's already proving to be a great space to work in. The countryside setting is beautiful and the calm, quiet ambience creates an ideal environment for delivering music therapy sessions.

We're delighted that the first event to be held there will be our AGM on the 12th July, and we hope you'll be able to join us in celebrating our lovely new home.

Laura and Kerry



Out and about

It's been a busy few months for us with the move, and we've had plenty of new therapy enquiries and sessions to work on too. In April Laura spent time delivering a range of workshops to local organisations. At Jessie's Fund attendees were musicians and therapy professionals and the session looked at how movement can influence music therapy sessions; at Cauwood Day Centre, supported by Ryedale Mencap, the focus was on offering a better understanding of music therapy and the therapeutic process to carers and supporters; and at Scarborough Academy of Music Laura presented an overview of the music therapy process.

These workshops are a great example of the different ways in which we use and present music therapy, and we're hoping to start offering new opportunities for students, parents/carers and professionals to attend workshops at The Byre later this year.



Laura pictured with carers and supporters during a workshop at Cauwood Day Centre, Malton

We were very pleased to be asked to provide a half-day of music therapy each week at Applefield's School in York.

We've also been working on a joint project with Malton-based Next Steps, a rural initiative for people experiencing mental health problems, isolation and loneliness. Next Steps have secured funding to work with us to offer 6 monthly sessions of music therapy, providing an opportunity for members to socialise and play music together, and hopefully continue to do so at the end of our time together.

Thank you to...

... **Soanes Poultry** in Middleton-on-the-Wolds near Driffield for choosing NYMTC to be the first beneficiaries of the Helen Bettley Memorial Fund. The fund was set up in memory of Helen Bettley, Technical Manager at Soanes, who sadly passed away last year. Helen, who lived in Malton, was a big music lover, and her colleagues felt that the work NYMTC does would have been important to her.

... The **Troutsdale Trust** who continued to support us this year with a £500 grant.

... **Scarborough Academy of Music** who raised an amazing £675 with their 'Coffee, Cake and Music' event.

... **Ryedale Choral Union** for their generous donation of £798

... The **District Grand Council of Yorkshire Allied Masonic Degrees** for their donations of £400 and £115 from a raffle held at their April meeting.

... **Sandaire Ltd**, previous tenants of The Byre, whose welcome donation of furniture, stationery and equipment has enabled us to make a fantastic start in our new home.

... and finally but certainly not least, **our generous Friends** for their continued support.

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



Pictured are (L-R): Chris Deakin and Mel Jackson from Soanes Poultry handing over a cheque for £500 to Laura and Kerry