

# North Yorkshire Music Therapy Centre

## Dear Friends and Supporters

Winter has arrived but we're as busy as ever with events, therapy, fundraising and planning for 2020.

In our last newsletter we introduced you to our lovely new home, The Byre at Wath Court near Hovingham. Since then we've been working hard to turn this office space into a true music therapy centre, and we hope you'll agree that our fantastic music therapy room (right) does just the job. We've already started to provide music therapy sessions in the space and our choir, the Byre Singers, have had their first few sessions there too—so far so good!

Elsewhere, we're approaching a milestone birthday— North Yorkshire Music Therapy Centre will be 30 on 14 December 2019 (though we don't think we look a day over 25) and we'd be delighted to see you at our celebratory party on Friday 13 December.

*Laura and Kerry*



Our dedicated music therapy space, created with support from



Musical fun with The Byre Choir



Laura at an event to support Young People and



Our sunny stand at Helmsley walled Garden



Our Chair, Caroline Hall,  
talking to York Merchant



Our Treasurer, Nick Hammond, at Pickering Library's Mental

## Out and about

### July...

We launched our informal choir, **The Byre Singers**, at our AGM in July, and much fun has since been had under the expert and enthusiastic guidance of Caroline Hall and Jill Shepherd. The choir has paused for winter and will resume next year, but you can catch a special performance at our upcoming birthday party

### August...

We were pleased to provide a music therapy workshop at the Supporting Young People with Mental Health event organised by **Scarborough & Ryedale Carers Resource**

### September...

Laura delivered a workshop for **Durham Music Service** at Ushaw College, Durham. This was for musicians and teachers to learn more about music therapy and explore strategies that they might use in their daily settings.

Laura also began working with **Next Steps** to deliver 'InstruMental Sounds', six creative music sessions for older residents living in sheltered accommodation across Ryedale. These monthly sessions have been funded by North Yorkshire County Council's 'Inspire' Fund.

### October...

Laura ran training workshops for two Special Educational Needs Schools we work with. The aim of the workshops was to provide an overview of music therapy and to explore strategies that teachers can incorporate in their daily classroom routine. Laura also talked about NYMTC and our new premises.

Our Treasurer, Nick Hammond, attended the Mental Health Awareness Day at Pickering Library, where he spoke about NYMTC and the work we do.

The 4<sup>th</sup> Annual North East Arts Therapies (NEAT) Conference was held in York during one weekend. The title was: 'Immersion in the Four Modalities' and the aim of the conference was to reflect on the four Art Therapies Modalities—they are dance, music, art and drama. Laura's workshop looked 'The Concept of Musical Improvisation and the Active and Passive Experience of Music Making' and had a practical element as well as a presentation.



Laura leading a Next Steps InstruMental Sounds music therapy session for a group of people from Sight Support Malton,

## Thank you to...

**Charles & Elsie Sykes Trust, W W Spooner and Jessie's Fund** who supported us with grants totalling £6500.

The **Provincial Grand Mark Lodge of North & East Yorkshire** who, following a talk by Laura and Caroline, awarded us a grant of £2000 to help create our dedicated music therapy space.

The **Merchant Taylors' Hall, York**, who made NYMTC their charity to support this year and donated a fabulous £250. In October Laura and Caroline, our Chair of Trustees, were invited to the hall for lunch and to present a talk about the charity's aims.

The beautiful **Helmsley Walled Garden**, who host an annual charity day in August and invite various local charities. We were very happy to attend and the day raised £28.75

Our Chair of Trustees, **Caroline Hall**, for her green-fingers, which she's used to grow and sell plants. Sales of these plants have exceeded £100, which has enabled us to buy music books for the Byre Singers to use—'you buy a plant, we buy a song!'

**Rachel Hirst**, a great supporter of the charity, who has supplied enormous help in printing leaflets, donating kitchen equipment and making tea for the Byre Singers.

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