



# North Yorkshire Music Therapy Centre

Registered Charity No 702533

**Dear Friends and Supporters,**

**We hope you are keeping safe and well approaching this second lockdown. We thought we would write a few words and we hope we can lift your spirits with some good news.**

**During this second lockdown, our Charity will remain open. As music therapists we are professionals of the Health Professional Alliance and considered as an essential support for the community. In these sad times, this bring us light and hope.**

***One of our Mums said that: “R’s communication has improved so much since she started music therapy. We will take all the necessary precautions but we don’t want to stop music therapy as it is essential for R. and our family well-being!”.***

**Our clinical settings happily agreed to have us in their settings, following all the government guidance and suggestions. A couple of schools have asked to have zoom sessions, which we are successfully providing.**



**We moved our group sessions onto Zoom as well. Here is a list of group sessions we are currently running. You are more than welcome to join in or to pass the information to anybody you think may benefit from the sessions.**

Resonance project – For Adults (Mondays at 7.00pm)

Vibe- with Kyra - Ladies only (Tuesdays at 6.00pm)

Musical Meetings – For mature adults (Dementia friendly, Tuesdays at 11.00am)

**Email us at [enquiries@music-therapy.org.uk](mailto:enquiries@music-therapy.org.uk) for the zoom link.**

The Byre, Wath Court, Hovingham, York, YO62 4NN

**Tel:** 01653 628725 **Email:** [enquiries@music-therapy.org.uk](mailto:enquiries@music-therapy.org.uk) **Website:**  
[www.music-therapy.org.uk](http://www.music-therapy.org.uk)

**Patrons:** Jane Horrocks - Ian McMillan - Prof. Helen Odell-Miller -  
Bramwell Tovey - Sir Willard White



North Yorkshire  
Music Therapy Centre

## Musical Appointments

### Finding community through music

Join us in ZOOM group music therapy sessions. Weekly sessions will provide the opportunity to express and explore feelings and emotions through playing and listening to music with others to support our mental health in this difficult time.

No musical skills are needed.

RESONANCE PROJECT	For adults - Mondays 7.00pm
VIBE - with KYRA	For ladies - Tuesdays 6.00pm
MUSICAL MEETINGS	For elderly - Tuesdays 11.00am (Dementia Friendly)

#### HOW TO BOOK

Visit [www.music-therapy.org.uk](http://www.music-therapy.org.uk) for dates and times, email us at [enquiries@music-therapy.org.uk](mailto:enquiries@music-therapy.org.uk) for the zoom link.



[enquiries@music-therapy.org.uk](mailto:enquiries@music-therapy.org.uk)  
[www.music-therapy.org.uk](http://www.music-therapy.org.uk)  
Call us on: 01653 628 725



## It's what we do

On a different topic, we cannot wait to start working alongside the Co-op who have chosen us as one of their Local Community Fund causes for the next 12 months.

But to make the most of this opportunity, we need your help!

Simply go online to [co-op.co.uk/membership](http://co-op.co.uk/membership) and join the Co-op as a member. You can then select NYMTC as your local cause and when buying certain products and services, 2p from every £1 goes into your membership account and 2p goes towards supporting community organisations and causes like ours!

*#ItsWhatWeDo*

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**We love to support our local shops and businesses, however, thoughts in the pandemic turn to online shopping for gifts.**  
**By simply choosing to shop on Amazon smile (smile.amazon.com) and choosing NYMTC as your charity, Amazon will donate 0.5% of the purchase price of your eligible purchases to us**



**We have recently commissioned some Charity Christmas cards and hope to be able to sell them to all our lovely supporters and friends. There are 10 different designs, all of which you will be able to view shortly on the website. Each card is printed on FSC certified stock and comes with an FSC certified matt white envelope, meaning everything is fully recyclable.**

**It also bears our logo and information about North Yorkshire Music Therapy Centre on the reverse. All of the designs have been created by Just Joy Designs, who very generously designed two cards just for us! (Fleece Navidad and No sprout about it, Its Christmas!)**

**Just Joy designs create and supply minimalistic, colourful and dinky greeting cards for all occasions and have been very generous in their support. ([www.justjoydesigns.co.uk](http://www.justjoydesigns.co.uk))**

**A special thank-you to Jane Varey for her donation in memory of her Father. Thanks to her generosity, we have been able to offer two zoom music therapy group sessions, for *Scarborough Ryedale Carers Support* and for some *Veterans via AgeUK*. Jane Troughton ran the sessions and she said that she and the participants of both sessions, had some fun recalling songs and memories together. Well done Jane!**

**Thank you for your support!**

**Laura and Michelle**

