

Dear Friends and Supporters,

We hope you are all well and are feeling a little bit more positive now that Spring is in the air.

We have missed seeing you all and are looking forward to a time when we can all get together again.

Until then, we wanted to tell you about what has been happening here at The Byre and within various settings and homes around North Yorkshire.



1st March was **World Music Therapy Day** and to mark it,
Caroline Hall, Julie Keen and Laura Festa
all contributed to a wonderful video celebrating music therapists
worldwide and the work we do here as a charity.

The video is available to watch on here,
[Happy World Music Therapy Day 2021 - YouTube](#)
on YouTube (search Music Therapy North Yorkshire) and on our

Facebook and Instagram pages. It is sure to lift your spirits and the songs included be on the tip of your tongue for days to come!



With help from *The National Lottery Community Fund*, Laura has been very busy recently. In collaboration with **Together in Music**, she has been delivering music therapy sessions via zoom, to families with children who have Special Educational Needs and their siblings. This series of four sessions, centered around the theme of animals, proved extremely popular with our families.

Students from the University of Leeds, York College and the University of Music Therapy in Edinburgh, supported by Laura, also led some of these sessions and she will continue to support them in the coming months so that they are able to deliver more Inclusive Music Sessions on our behalf.

Jane Troughton has been delivering sessions every week to people right across our region, thanks to funding from *Two Ridings Community Foundation*. The project "**Resonance**" aimed to provide support for adults' mental health during the Covid-19 crisis. The project was created by the North Yorkshire Music Therapy Centre (NYMTC) and consisted of free weekly group music therapy sessions, where the aim was to support individuals and make them feel valued in society. They took place in person, when such things were allowed, and then more recently on zoom.

Jane has also been involved in delivering “**Musical Meetings**”, a series of dementia friendly sessions on a Tuesday Morning. Also funded by *Two Ridings Community Foundation*, the project aims to provide support for mature adults in their various settings, including care homes and those living at home with a carer. Participants have the opportunity to sing along to well-known songs, listen to others and to bring their own choices to the group. They are able to interact with fellow residents and see others on the screen. These occasions provide a morning of fun and enjoyment, and a sense of social connection and engagement. Something that we are all striving for at the moment!

If anyone knows of anyone that might be interested in taking part in “Musical Meetings” please email us at enquiries@music-therapy.org.uk for the zoom link and visit www.music-therapy.org.uk for dates and times.



As well as our Music Therapists being very busy lifting spirits this year, we have had the pleasure of being entertained via zoom by one of our amazing volunteers, **Bob (“the hat”) Muir**.

He sang a wide variety of songs, including ones from John Denver, Don McLean and The Beatles. If you tune in on 14th March at 10.30am you will be able to join in too!

Zoom link: <https://zoom.us/j/91408766150>



We have been exceptionally lucky in acquiring funding grants from several organisations recently and have many new and exciting projects planned for the near future.

We aim to soon begin delivering more music therapy sessions to children living with disabilities and their families, many of whom live in isolation and have few opportunities to find suitable activities and sharing moments. This has been made possible with the help of *The Jack Brunton Charitable Trust* and we are extremely grateful to them for the additional funds.

The Foyle Foundation has provided funding which will go towards our **Music My Voice** fund, which is our donation and grant fund that underpins all of our charities work. Their money will complement funding we receive for specific projects or for capital expenditure and is extremely important to us.

If you have noticed any photographs on social media recently, you may have seen our wonderful new collection of instruments. These range from Conga drums to rain sticks and wooden frogs! The purchase of these, as well as a range of audio-visual equipment was due to a generous grant from

The Kirby Foundation.

Through replenishing and enlarging our stock of musical instruments and equipment, it will allow us to deliver more of our services and resources via the internet and in person to a wide range of clients

(from mother and baby groups to elderly suffering from dementia or other mental health issues, and including individuals with a range of disabilities). Our therapists cannot wait to get started!

We will soon be embarking on a new venture called **Makasing**. Funded by **The D'Oyly Carte Charitable Trust**, the grant will support an inclusive choir project, inspired by the White Hands Choir of Venezuela.

Our aim is to integrate and include children and young adults both with and without disabilities, in an inclusive choir.

This, we hope, will provide an opportunity for all to learn new skills, meet new people and enjoy the power of music.

For more information, please email enquiries@music-therapy.org.uk or call 01653 628725.



Concert Series Family and children friendly

Join us for our family and children friendly Concert Series. Monthly concerts will provide the opportunity to find out about different music genres and musical instruments.



Concerts will be available both in-person and live on zoom.

To attend in person, booking is needed.

WHEN & WHERE?

Time: Last Sunday morning of each month concerts at 11.00
Date: 31st Jan, 28th Feb, 28th Mar, 25th Apr, 30th May, 27th June.
Address: Byre, Wath Court, Hovingham, YO62 4NN
Zoom Link: <https://zoom.us/j/93650420831>
Email us at enquiries@music-therapy.org.uk to book your place.



enquiries@music-therapy.org.uk
www.music-therapy.org.uk
Call us on: 01653 628 725

We were also treated to a **Family and child friendly concert** last week, by the **University of Leeds LUUMIC Society**, (including The Songsmiths, their award winning Acapella group).

Several vocalists, all of whom were very talented, performed various tunes, including "Finding Wonderland" from the Musical, Wonderland, "Make you feel my love" by Bob Dylan/ Adele and



These concerts were organised by our Volunteer coordinator Mindy Ren (in the picture), who has been a wonderful help and will continue to help us in the future. Thank you so much Mindy!

If you would like to join us for future performances by the University, Follow the Zoom link: <https://zoom.us/j/93650420831>

When – 11am on 28th March, 25th April, 30th May, 27th June.

“Get Lucky” by Daft Punk ft.
Pharrell Williams.



It's what we do

As many of you may already know, North Yorkshire Music Therapy Centre has been selected by the **Co-op** as one of their **local Community Fund causes**.

We need your help to make this worthwhile! Simply go online to coop.co.uk/membership and join the Co-op as a member.

Then choose us as your local cause. From then on, every time you shop at the Co-op, when buying selected Co-op products and services, 2p for every £1 spent goes into your membership account and 2p goes to support community organisations and local causes like ours.

The more times you shop using your Co-op card, the more money comes back to us.

Fabulous!

#ItsWhatWeDo



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.

For any information about North Yorkshire Music Therapy Centre, including what's on, please visit <http://www.music-therapy.org.uk>.

We still have some wonderful felt, embroidered birds for sale and some beautiful plants, courtesy of Dr Caroline Hall, Our Chair.

It really will be lovely to see everyone again soon and get together to make music once more.

For anyone who has passed The Byre recently, you may have noticed we have had some new signs installed so we are very easy to find if you'd like to come and say hello (when allowed!)

Until then, take care and please join us on zoom to enjoy the music.

Jane, Laura and Michelle x



enquiries@music-therapy.org.uk

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www.music-therapy.org.uk