



Dear Friends and Supporters,

With Spring already in the air and nature waking back to life, we want to say a warm springtime hello and wish you a very Happy Easter. May this hopeful time of the year bring you strength and optimism for the journey ahead!

We would also like to share some joyful news and updates on what we've been up to recently, from Hovingham Village Market to Ryedale Community One Stop. And we want to give a shout-out to outstanding people who have supported us greatly in recent months.

Also, watch some of our wonderful Sing and Sign Maestros performing with Stamford Bridge Community Choir. Find out how you can become our Trustee, and join us at the upcoming Nunnington Hall Love Local event.

Don't forget to follow us on Facebook to keep up with everything we've got for you!

Highlights of Our Activities

We started 2022 off with a bang! Check out the exciting events we've got involved in so far!



Hovingham Village Market

We were there at Christmas, February, and March, spreading the word about the power of music and how it can help the local community!



Zog, Dragons and Dinosaurs bonanza

In February half-term, our Music Therapist Jane provided a roarsome musical storytime for all the family, kindly hosted by Pickering Library.



Friday Mornings at Next Steps Norton

We've been running weekly fun-filled music sessions for the local community in Norton, singing, playing instruments, and dancing together. What a fantastic group of people!



Scarborough Library Music Sessions

Throughout March, our Music Therapist Emma led fun and inclusive music-making sessions for under 5s and their parents, taking them to the magical world of stories and sounds.



Pickering Library Baby Fair

Jane led a music session for parents and under 5s, contributing to this brilliant event that offers services, information, and advice to young families.



Meeting with Crafty Hubbers

Caroline Hall, our Chair of Trustees, met with the wonderful ladies who sell their crafts to fundraise for us. They talked about the role of music in our lives.



Talk at Ripon Women's Luncheon Club

Caroline Hall and Angela Harrison met with the ladies of Ripon to talk about music therapy and the power of music to improve lives.



Ryedale Community One Stop in Pickering

Emma ran a musical singalong session for the community. It was a great chance to self-express, explore instruments and have fun together.



Coffee Morning with Crafty Hubbers

In Maltongate, Crafty Hubbers were selling delicious cakes and beautiful crafts to raise money for us and other local Charities.

In Emma's words



Take a look at what our Music Therapist Emma said about the events she led:

Scarborough Library Music Sessions

„Each week had different themes that we covered: Construction, Animals, Role Play, Maths and Art. We explored different stories, different songs and nursery rhymes that the children were familiar with. We also explored ones that were brand new and done from scratch with the children's input and participation.

Everyone got involved with either singing or playing the instruments and there were always smiles on everyone's faces, both children and parents. Overall, a lovely experience and it has been lovely to work with these people returning and gaining confidence each week as well as helping others who were new."

Ryedale Community One Stop in Pickering

„We had a wonderful turnout for this session. I chose to start it with an exercise which involved listening and appreciating the value of having one note which everyone got really engaged with. We sang some songs together which the group were familiar with and they were eager to play instruments and clap along. There were opportunities for improvisation within the group as I was able to go around the room. There was even one participant who started dancing in the middle of the room to the songs and it was lovely to see every participant self-express to the musical atmosphere we created together."

A very special Thank You...



Joel and Sam

Joel and Sam from the Parakeet Ceilidh Band kindly supported us at February Hovingham Village Market, playing music despite frozen fingers!



Bob the Hat

Bob the Hat was busking for us at March Hovingham Village Market. What a brilliant performer, and what a lovely repertoire!



Crafty Hubbers

These generous ladies have been crafting wonders and making heavenly cakes to support us. They have raised £500 for us to buy new instruments, including bells for our Jiggly Bells sessions led by our Community Musician Rose.



Thornton-le-Dale Village Hub and June Appleton

The kind folk of Thornton-le-Dale Village Hub and June Appleton, a talented local artist, raised money for us through the sales of cards printed with June's images of various pollinators.



Ian Mason

Ian Mason donated these beautiful instruments to us. They will be put to very good use in our therapy room and beyond.

Forever in our thoughts



It is with great sadness that we learned of the passing of Graham Long, our dear friend and former Trustee at NYMTC.

A word from Caroline Hall - our Chair of Trustees:

„I was very sad to hear of Graham Long’s death recently. He was a Trustee of NYMTC for seventeen years, which is how I met him when I first joined the board in 2008. He was a lovely person to work with - gentle, clever, and kind.

His funeral [...] in York Minster was very moving. It opened my eyes to all that Graham achieved in his life; and it told us all of the passion for music that led him to play an important part in the history of the NYMTC. That history was represented by the music of the string quartet, through the playing of Angela Harrison, the Lead Music Therapist for all of Graham’s time with the charity, and of Fred Strickland-Constable who had served as Chair of Trustees. The donations made after the funeral in honour of Graham were shared with our charity, and we are very grateful to everyone who contributed – a continuation of the support that Graham gave in his lifetime."

Join our musical groups!



Singing sessions for Mums and Babies designed to help your little one grow.

We use simple songs, lullabies, and chants that let your child bond with you and feel your love. Your baby will begin to understand language and recognise emotions expressed through your voice. And you can build your self-confidence, relax and have fun with other Mums.



Music sessions for babies and toddlers where we sing, move, dance, read stories, and play instruments together. This way, your little one builds confidence, develops social and motor skills, and learns to express and manage emotions. Our safe and inspiring space allows you to bond with your child and hang out with other parents.



Online music-making sessions for all the family that foster creative self-expression. Through songs, sound effects, storytelling, and games, we help you connect with yourselves, your emotions, and your bodies. You can relieve stress, boost your mood and build a sense of togetherness



Travel back in time on our musical cruise through your favourite songs and feel-good classics! We sing together, shake maracas, and reminisce over a relaxing cuppa. Our music sessions can help enhance your memory, relieve stress, and improve coordination. Join the company of our

with your loved ones. And get energised by fun-loving families!

hearty singers who will keep your mind sharp and spirits high!



Signing choir for children and young adults with and without additional needs. Full of singing, dancing, and learning Makaton signs, these fun sessions help you find your voice, express yourself and develop confidence and communication skills. In our safe and inclusive space, you can meet new people, build relationships, relax and come out of your shell.

Love can build a bridge!

We wholeheartedly believe so! Watch our wonderful Sing and Sign Maestros performing with Stamford Bridge Community Choir!

The Sing and Sign Maestros

An inclusive sing and sign choir for young adults

In collaboration with the
York Down Syndrome Support Group



[Click above to watch!](#)

Join our Team!



Registered Charity No 702533

North Yorkshire Music Therapy Centre seeks new Trustees.

Would you be interested in joining the board of a local charity that is growing its activities in North Yorkshire, developing new and exciting opportunities for both individual and community-based music therapy?

North Yorkshire Music Therapy Centre (NYMTC) delivers one-to-one and small group music therapy to children and adults across the region and we are currently expanding our community-based music projects for all. We have a modern therapy and administrative centre at Wath Court near Hovingham and have attracted substantial grant funding in recent years, putting the Charity on a secure financial footing.

We wish to expand our small board of Trustees and to replace members who will be retiring in the coming months. Over the past 5 years, we have appointed a full-time Director of Therapy and have relocated to wonderful new premises. We are now looking for new Trustees who could bring a wide range of skills to help take the Charity forward. We welcome applicants from all walks of life, particularly those with experience in education, health & well-being and the arts, or with legal, financial, managerial and commercial skills. A love of music is desirable, but not essential. Digital skills are necessary for email communication, including receiving and responding to charity documentation.

To find out more about our Charity, please see our website:

www.music-therapy.org.uk

If you are interested in applying for one of the available positions or would like an informal chat to find out more, we would love to hear from you.

Please get in touch with us via the contact section of our website or by email:

enquiries@music-therapy.org.uk

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

Tel: 01653 628725 **Email:** enquiries@music-therapy.org.uk **Website:** www.music-therapy.org.uk

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

We will miss you, Geoff!

„We said goodbye recently to one of our Trustees, Geoff Bishop, who stepped down after five very busy years on the Board. We will miss Geoff's kindness, compassion, wisdom and diplomacy. Geoff was gentle, always courteous and good-humoured. He was a very good listener and had the ability to understand people, to support and motivate them during difficult times, and always to make them feel good about themselves. He had true generosity of spirit and was just as happy to help out with a paintbrush when needed. Thank you, Geoff, for being you, and for everything you helped the Charity achieve during challenging times."

Sue Hoggett (on behalf of the Trustees)

Take a look at the photos from a farewell party for Geoff (the one in purple), which also included superb performances by some of the NYMTC Team.



From left to right: Angela Harrison (former Head Music Therapist), Geoff Bishop (Trustee) and his wife Karen, Laura Festa (Director) holding her little son Rowan, Sir Frederic Strickland-Constable (our President) and Nick Hammond (Treasurer).



From left to right: Angela Harrison, Nick Hammond and Sir Frederic Strickland-Constable.



From left to right: Caroline Hall (Chair) and Laura Festa.



Sat down is Sue Hoggett (Trustee).



From left to right: Margaret MacKinder (Secretary), Laura Festa and Rowan, Michelle Cookson (Office Administrator), Nick Hammond, Geoff and Karen Bishop, Jo Danischewsky (Trustee), Caroline Hall.



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We love to support our local shops and businesses. However, the pandemic has made us turn to online shopping more often. 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.

Our Grants

The North Yorkshire Music Therapy Centre is entirely reliant on donations and grants, without which it would be impossible for us to provide subsidised music therapy and community support. We are very grateful for the generous support from our many individual donors as well as from all the organisations that contribute to our work. Thank you!

The Foundations and Trusts that are kindly supporting us in 2022:

- The NYCC Stronger Communities Programme – music therapy support for victims of domestic abuse
- The Two Ridings Community Foundation – to support an inclusive choir in Scarborough
- The York Children's Trust – to support the continuation of an inclusive choir in York (Sing and Sign Maestros)

- Pickering Town Council – to support *Jiggly Bells* sessions in Pickering (inclusive music sessions for parents or carers and their little ones (0-4 years old))

Upcoming event



Love Local at Nunnington Hall

Sunday 15 May 2022, 10am – 5pm

Watch out for further information about our stall at this year's Nunnington Hall – Love Local event, hosting local businesses, charities, and community groups. We will be there to offer advice and information about NYMTC and would love to meet you!

For any information about North Yorkshire Music Therapy Centre, including what's on, please visit <http://www.music-therapy.org.uk>, e-mail us: enquires@music-therapy.org.uk or call: 01653 628725.

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