

Dear Friends and Supporters,

We hope you are all well. We wanted to let you know what we have been up to recently and share with you some exciting news.

We hope you have a wonderful Christmas and a Happy and Healthy New Year

With love from all the team here at the North Yorkshire Music Therapy Centre x



Our Music Therapy team has just got bigger!! Laura, our wonderful Director, has recently had a beautiful baby boy, Rowan. Both are doing really well and we send her and her family all of our love and congratulations.



**Emma Butler** has recently joined the team here at NYMTC. Emma is a newly qualified Music Therapist and a classically trained flautist, having studied at Leeds College of Music before completing her music therapist training through the Nordoff Robbins Master's Programme. Emma says: "Since the open day I feel like there have been wonderful things happening in all elements of my work.

With the lead up to Christmas, one of the schools I have been working at have been working on a CD and I have had the honour to be a part of this. Some classes wanted original songs and some wanted to improvise with bells and chimes so I feel like my role as a music therapist was really beneficial to helping everyone. The CD has now been produced and I cannot wait to have a listen to all the hard work both students and staff have put in.

I have continued to work with both individuals and groups from schools I am at and those have been progressing very nicely. People are starting to get more of a flavour of what Music Therapy is about and how it can be moulded to suit everyone involved. It's nice as a visitor going into both places that the work I'm doing with people is benefitting other areas of their school life. I get comments from staff saying how much they are noticing differences in people's mood and also how excited they are to come to their Music Therapy sessions as well!

I cannot wait for after the Christmas holiday period to get back and get stuck into projects both old and new. Have a wonderful Christmas everyone! 😊"



**Rose Gallaway is also new to our team.** Rose is is a cello teacher and performer based in Leeds. Rose has worked in education in a range of environments including as a Teaching Assistant for SEN children ages 11-

16, and as a peripatetic cello and violin teacher in primary and secondary schools in Leeds and Wakefield. After attending a Training Placement with North Yorkshire Music Therapy Centre, she is now a community based musician working with us. Rose says:

Since September I have been running two groups - Jiggly Bells for 0-4 years and an After School Music Group at a local Primary School.

In Jiggly Bells we've done a wide range of musical activities including songs, movement, stories with music, and playing different instruments. It has been important to allow the babies and toddlers freedom to explore musical ideas and sounds, and most importantly enjoy and be immersed in music. Children and parents/carers have been able to learn new songs and see their babies and toddlers' confidence improve in the sessions. The children taking part in the After School Music Group at the Primary School have enjoyed playing a range of instruments, learning some music theory, learning rhythm and pulse through samba rhythms and even performed their own improvisational pieces in a band. They have especially enjoyed the band project this half term as they get to show their individuality through music.



**Jane Troughton** has been working as a freelance Music Therapist for NYMTC for a while but is now a fully fledged member of staff. She completed her Masters degree in Music Therapy in 2019 and provides group and individual music therapy to several schools, organisations and individuals. She is also a trained soprano and, holds a doctorate in Music from the University of York. Jane says:

We now run two sessions for care homes and for mature adults and their carers. One is online and is mainly attended by care homes in West Yorkshire. We have regular attendance from 5/6 homes and it is lovely to receive their song requests (Che sera sera is very popular!) and see them enjoying shaking maracas and tambourines! The other group, which was launched more recently, takes place in Norton and is faithfully attended by a group of hearty singers. We have enjoyed sharing songs and memories from the war years and favourite musicals; we are now into the Christmas period with seasonal songs, carols, reminiscences and the sharing of Christmas cake and mince pies!

Two new initiatives are our Thula Mama mums' singing group (Tuesday mornings in Easingwold), and Beats n' Bobs, an inclusive group for families (Thursday afternoons in Pickering). Thula Mama is an organisation with a network of groups all over the country. It is unique in that it is designed for mums to sing together songs with lovely, simple harmonies from a range of countries. Their babies benefit too from the

uplifting effects of their mums singing with other mums! A favourite is *Bella Mama* which we sing as a round. Please get in touch if you would like to join us!

Beats n' Bobs has been running since September. The sessions are structured around a familiar story which we tell and reenact accompanied by songs, music and sound effects... Imagine the loud deep voice and heavy tread of the giant's footsteps in Jack and the Beanstalk, or the crunch of snow underfoot and the church bells in the Tailor of Gloucester. What about the pops, bangs and whizzes of fireworks and the rustles of fallen leaves in Autumn! What if you find yourself in the jungle or are a pirate on a treasure island. So many sights, sounds and exciting adventures - you can do anything and go anywhere in the magic ring; everyone has a part to play, an instrument to shake, and we have such fun!



Anglia Ruskin University (ARU) has recently been awarded **The Queen's Anniversary Prize** for its world-leading music therapy work led by **Professor Helen Odell-Miller OBE, one of our patrons**. The Queen's Anniversary Prizes recognise outstanding work by UK universities and colleges. The Prizes are granted by The Queen every two years and are the highest national honour awarded in UK higher and further education.

Professor Helen Odell-Miller OBE, Director of ARU's [Cambridge Institute for Music Therapy Research](#), said:

*"On average, someone in the UK develops dementia every three minutes and it is expected to become the 21st century's biggest killer.*

*"At ARU, our important research examining the benefits of music therapy for people living with dementia is already beginning to influence national policy. Receiving recognition like this, from The Queen, will hopefully further signal the importance of our findings to policymakers both in the UK and abroad."*

Professor Roderick Watkins, Vice Chancellor of ARU, said:

*"I'd like to congratulate and thank Professor Helen Odell-Miller OBE and her team, whose outstanding work has secured us this recognition.*

*“More importantly, of course, their expertise, passion and dedication has had a life-changing effect on tens of thousands of people living with dementia, and their families – and that’s something of which we can all be hugely proud.”*

We would like to congratulate Helen on such a remarkable achievement.

Source: Lynsey Spillman, Council for Health Professionals East Anglia,, November 29th 2021, [World-leading music therapy research, led by Professor Helen Odell-Miller OBE, is recognised with The Queen’s Anniversary Prize - East Anglia Council of Allied Health Professions Research \(<cahpreastanglia.org.uk>\).](https://www.cahpreastanglia.org.uk)



We are very happy to be working in collaboration with York Down Syndrome Support Group every week, running an inclusive makaton choir called the **Sing and Sign Maestros!** The aim of the choir is to integrate and include children and young adults both with and without disabilities, providing opportunities for all to learn new skills, meet new people and enjoy the power of music. Jo Bryenton (Makaton teacher) and Rachel Whittaker (choir leader) lead a group of young people and some older adults in a fun filled hour of singing, dancing and learning makaton signs. The choir have also recently performed live at a York Inspirational Kids Christmas Fair!

All of this has been generously funded by the **D'Oyly Carte Charitable Trust.**

Watch us on you tube! Just search for Music Therapy North Yorkshire - Sing and Sign Maestros video 2021.

For more information, please email [enquiries@music-therapy.org.uk](mailto:enquiries@music-therapy.org.uk) or call 01653 628725.



## Beats 'n' Bobs

### Creative and inclusive music-making sessions for families



Join our inclusive music sessions, combining musical activities, songs, storytelling, and games for the whole family.

Come and have fun with your family and meet other families too!

#### INFORMATION:

At Pickering Memorial Hall, Whistler Suite every Thursday at 4.30pm-5.30pm from 16th September 2021 - term time only.

Cost: £5.00 per session. First trial session is free, booking is needed.  
Please email [admin@music-therapy.org.uk](mailto:admin@music-therapy.org.uk) to book your place.



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## Jiggly Bells

### Inclusive music sessions for toddlers and preschoolers



Join our fun and inclusive music sessions for parents/carers and their little ones (2-4 years old).

We will sing, move, dance, play instruments, read stories and most of all, have fun!

#### INFORMATION

At Pickering Memorial Hall, Beckett Room, every Wednesday at 10.30am-11.30 from 15th September 2021 - term time only.

Cost: £5.00 per session. First trial session is free, booking is needed.  
Please email [admin@music-therapy.org.uk](mailto:admin@music-therapy.org.uk) to book your place



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## Musical Meetings

### Music Sessions for the Elderly and Carers



Calling all local older ladies and gentlemen!!!  
Would you like to make new friends in your area while having a sing song and a cuppa?

**Why not join us on Friday mornings at 11am starting November 5th 2021.**

**It's free and carers are welcome to come along too!**

No need to book!  
Just pop in to **Norton Trinity Church rooms**, (at the back of the church), **Plum Street, Norton, YO17 9JA** and say hello!

Project Funded by

The Sylvia & Colin Shepherd  
Charitable Trust



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## Thula Mama

### Come and sing with your baby!



Thula Mama is a singing group for Mums & Babies.

This is a great opportunity to meet other Mums/Carers and have a cuppa while learning simple songs, lullabies, chants and songs from around the world.

Singing promotes wellbeing and supports your little one's cognitive and emotional development. No experience is necessary.

#### INFORMATION

At Scout Centre, Chase Garth Road, Easingwold, YO61 3GG, every Tuesday at 10.00-11.30am from 5th October 2021.

Cost: £5.00 per session. First trial session is free, booking is needed.  
Please email [admin@music-therapy.org.uk](mailto:admin@music-therapy.org.uk) to book your place.



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

Due to everyone's support, we were able to collect a cheque recently for £2724.06. **THANK YOU SO MUCH!!**

(Photo: Caroline Hall, our Chair, Michelle Cookson and Nigel Brass, Manager of Helmsley Coop)

This money will go towards providing many more local music therapy sessions to the people of Ryedale.

#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.

### **The Fred and Freda Hoyle Endowment Fund**

Earlier in the year, the Charity was fortunate to receive a generous donation from the estate of Fred Ian Hoyle. Fred, a talented amateur musician, lived in Pickering and was involved with the Charity some years ago. The donation has enabled us to set up an investment fund, termed the **Fred and Freda Hoyle Endowment Fund**, which will provide regular investment income for the Charity and support longer-term developments not fundable from other sources.

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 and as well as from all the organisations that contribute to our work : Thank you!

Here are details of some of our recent grants:

- Sir George Martin Trust - to support the delivery of music therapy to care home residents
- National Lottery Community Fund - contributing to staff costs
- NYCC Communities Covid Fund - to support the delivery of music therapy to the elderly via zoom
- Baily Thomas Charitable Fund -contributing to Music My Voice fund for children with special needs
- Boshier- Hinton Foundation - contributing to Music My Voice Fund for children with special needs
- Brelms Trust - to support the delivery of music therapy to adults with special needs (in conjunction with the Croft Community)
- Clothworkers Foundation- to provide audio-visual equipment for deliver, recording and publication of therapy procedures and outcomes.
- Provincial Grand Mark Lodge - to support the delivery of a fully inclusive Children's Choir.

Thank you so much to everyone that supports us !

Why not come along and visit us at the Hovingham Christmas Market Saturday, 18th December, 10.30-1.30pm.

It would be lovely to meet you!

For any information about North Yorkshire Music Therapy Centre, including what's on, please visit <http://www.music-therapy.org.uk>.  
Email - [enquires@music-therapy.org.uk](mailto:enquires@music-therapy.org.uk) or call 01653 628725





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