



Spring 2023 Newsletter

Dear Friends and Supporters,

We hope this newsletter finds you well. It's time for another update from our charity, where we strive to make a positive impact in the lives of our local Community. We are extremely grateful for your unwavering support and would like to share some recent highlights with you.

NYMTC Team News

We have a wonderful Community Musician, Alison Davis who has been facilitating several community groups on our behalf, including our new dementia friendly singing group "The Sunshine Singers" and our new Mums singing group "Thula Mama", for Mums with bumps and pre-crawling babies. Song mates at Next Steps in Norton have also thoroughly enjoyed their Friday morning sessions with her, as well as local Dementia Forward hubs in Middleton and Easingwold and Different Strokes, a peer to peer support group for younger and active stroke survivors in the York area.

Alison Barrington, a very talented and experienced Music Therapist who is working with NYMTC, has also been providing Music therapy to some of our groups in York, which has been very beneficial to all involved. We are extremely grateful to her for her amazing work and enthusiasm.

The Sunshine Singers

The Sunshine Singers dementia friendly singing group began in March and has gone from strength to strength, proving very popular with our lovely Sunshiners! It's free for anyone to join and Alison has had everyone singing along to a wide range of tunes, including favourites from the Musicals, John Denver, The Beatles and many, many more. Pauline and Diana, our two wonderful Sunshine Volunteers also make a lovely cup of tea and gorgeous chocolate brownies!





Song Mates

Throughout the year, we have held weekly sessions at **Next Steps Mental Health Resource Centre in Norton**, a centre that supports people with mental health and well-being issues. Joining with friends old and new, singing, playing instruments and supporting each other, has all helped to prevent isolation and loneliness in the people that attend and helped develop self confidence amongst the regular visitors.

If you know anyone that might be interested in joining us, the sessions run from 10.30 am each Friday morning at **Next Steps, 7 Church Street, Norton, Malton. YO17 9HP**. There is no need to book. Just come along, meet new friends and enjoy yourself.



Handy Tunes

Handy Tunes is fully inclusive and open to young people, their parents and carers. Here, you can sing, learn Makaton signs and play instruments all whilst having lots of fun.

Emma has recently been showing everyone new signs and songs, including different animals, some foods, the weather and colours. To celebrate the Coronation, everyone learned how to sign The National Anthem!

LET'S SHARE THE JOY OF SINGING!

HANDY TUNES

Join our inclusive singing group for young people, their parents and carers! We'll flex our voices, learn unique signs and gestures, and play instruments - all while singing great songs and making music together!

Our musical sessions will help you:

- develop your strengths and confidence
- express yourself creatively
- communicate more meaningfully and effectively
- feel empowered by a heart-warming sense of community



S.E.N.S.E.S.

Laura has continued to provide sessions to a Parent and toddler group called **S.E.N.S.E.S.** (Special Educational Needs, Social, Emotional Support) in Scarborough. This is a group for children with additional learning needs, and the sessions have been very popular. S.E.N.S.E.S. currently meet at Westborough Methodist Church on Fridays between 10am-12pm and at Eastfield, within Westway Open Arms on Tuesday Mornings.





Thula Mama

Thula Mama which means “Sing, Mama” in Zulu, is a unique singing group that focuses on creating a supportive space for Mums to come together, connect and share the joy of singing. The act of singing together not only strengthens the bond between parents and children, but also cultivates a supportive community, where Mums and babies can build lasting friendships, have fun and explore the wonders of music! The sessions are funded by The Jack Brunton Charitable Trust.



and meet other new mums!

Thula Mama is a relaxed and informal singing group for Mums with bumps and pre-crawling babies.

Thursdays 9-11am.

Singing begins at 9.30am.

Starts 4th May

Free to attend,

Refreshments included.



Norton Trinity Church Rooms
(behind Norton Trinity
Methodist Church)
10 Plum Street,
Norton, YO17 9JA

For information: enquiries@music-therapy.org.uk
or call 01653 628 725

Groove and Grow

Laura and Meghan Jefferys, a student community musician, have been facilitating sessions for pre-schoolers in York since February. These are generously funded by Ryedale District Council and are held weekly at York :Spark CIC. They have proved to be very popular with both the children attending and their parents/carers.

We hope be able to continue these sessions during the Autumn term. If you are interested, check our website and social media soon!



North Yorkshire
Music Therapy Centre



Free weekly inclusive music sessions for kids aged 0-4 and their parents/carers

Starting 27th February

GROOVE 'N' GROW

Explore positive, fun, and creative ways of being and growing together by bringing music into play!

MONDAYS
10:30 - 11:15AM

at SPARK:York CIC
17-21 Piccadilly, YO1 9PB

Musical activities
Sound-Making
Storytelling
Singing
Moves & Dance
Playing Instruments
And a Lot More...

16 SESSIONS
45 MIN EACH
LIMITED SPACES AVAILABLE

RYEDALE DISTRICT COUNCIL



York Residents Festival

January saw Laura leading family music making sessions at Spark:York during the York Residents Festival. Lots of families took part and everyone had great fun, singing, drumming and dancing together.



The staff here at NYMTC are incredibly dedicated and work tirelessly to make a positive difference in the lives of our clients. Laura has been working extremely hard providing music therapy and awareness sessions throughout the region, including organising and leading musical activity workshops for children at Pickering and Filey library, raising awareness through workshops for our volunteers, The Ryevitalise team and members of the North Yorkshire Moors National Park, and collaborating with Mind to set up a music therapy hub in Scarborough to support young women with eating disorders.

She also appeared on Radio York recently, promoting our charity in a 15 minute interview with Jonathan Cowap.

Emma has been making a profound impact in the lives of local elderly care home residents living with dementia and in local special needs schools. She also facilitates the group Handy Tunes in Scarborough.

Other Events



Not only are we very lucky to have such wonderful staff, we also have amazing trustees and the best volunteers.

Caroline (our Chair) is pictured, selling some of the plants that she had grown for our **plant sale** in March. Along with Jo and Fred's help (another trustee and our President) we raised £124.

We recently attended the **Malton and Norton Rotary Club Involve Event** where over 30 local organisations and charities gathered together in the Milton rooms in Malton and showcased their incredible work. We made many local connections and had a lovely day out! We hope to be invited back again next year.

(Emma, Laura and Michelle are pictured. Pauline, our volunteer also helped and Jill Shepherd made some wonderful cookies! Thank you again to Pauline and Jill)



We had the pleasure of participating in the **Love Local event** at the stunning Nunnington Hall House and Gardens on 14th May. It was a lovely day filled with warm sunshine, community spirit, and beautiful stands. The

event was again a great opportunity to network with other charities and local businesses and we would like to thank three of our wonderful volunteers, Pauline, Paul and Rob, who gave their time selflessly to meet members of the public and promote our charity. Thank you so much. You are all wonderful!! (Pauline and Michelle pictured)



Our Grants

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

Here are details of the Foundations and Trusts that have kindly supported us since the Winter 2022 Newsletter:

- The Jack Brunton Trust: to support work with perinatal mothers
- Ryedale Rural Community Fund: to support a dementia-friendly choir
- NISA (Making a Difference Locally): to support a choir for children living with disabilities
- NYCC Stronger Communities Fund: to support a dementia-friendly choir
- Tesco Community Fund: to support our work with families
- Jessie's fund: to support individual music therapy sessions
- National Lottery Community Fund: to support adults with mental health problems
- Brelms Trust: to support adults in sheltered communities
- Ryedale District Council: to support our work with preschoolers, male mental health and the elderly.

Shop and make a difference!

You may remember that at the very start of 2023, we were part of the customer vote to receive a Tesco Community Grant. It's a scheme which gives community projects grants of up to £1,500. We wanted to raise money to bring weekly sessions of fun music therapy to local children and their families living with a disability - all to improve communication, resilience, and well-being. And we did it!

With your help, we managed to raise £1000, coming second in the local vote!

Tesco Community Grants is run in partnership with community charity Groundwork, who has awarded grants to thousands of local community projects every year.

Groundwork's National Chief Executive, Graham Duxbury, said: "Tesco Community Grants continues to give local projects the boost they need to help their communities thrive. We are pleased to have been able to help so many local good causes over the years and look forward to seeing what community organisations can achieve in the future with the right resources."

Funding is available to community groups and charities looking to fund local projects that bring benefits to communities. To find out more visit www.tesco.com/communitygrants



Volunteers

We would like to say a huge thank you to all of our volunteers, who generously dedicate their time and energy to support our cause. Whether it's lending a helping hand at events, spreading awareness or providing valuable skills and expertise, your efforts have made a huge difference to our charity and we really appreciate you. Thank you!

If anyone is interested in volunteering, please contact us at enquiries@music-therapy.org.uk

Job Vacancy



North Yorkshire
Music Therapy Centre

**We Are
Looking For**

Community Musicians
for the following groups

- Dementia friendly singing groups within the Community
- Singing groups to support the mental health of adults
- Singing groups for Mums and babies
- Music making in the community for children and families

Training will be provided

**Apply with a CV
and cover letter to**
enquiries@music-therapy.org.uk

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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enquiries@music-therapy.org.uk

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