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Winter Newsletter 2023

WELCOME

We hope that you find our latest newsletter interesting and informative. If you have any comments or questions, please don't hesitate to get in touch on enquiries@music-therapy.org.uk or call 01653 628 725.

TEAM NEWS



Stephen and Tom, our two new team members, have settled in well over the past few months and we are very happy to have them as part of our team.

Sing Yung Poon(Stephen) is a HCPC-registered music therapist. Before his MSc in Music Therapy training in Scotland, Stephen completed a MSc in Psychology in England and worked as a piano teacher in Hong Kong. Believing that music is a great medium to promote people's wellbeing, Stephen is passionate about using music as a therapeutic tool to enhance people's quality of life.

Before joining North Yorkshire Music Therapy Centre, Stephen worked as a music therapist in a wide range of contexts in Northern Ireland. Since joining NYMTC in September 2023, Stephen has been focusing his work on young people with learning difficulties and disabilities, and adults' mental health. He is currently doing individual and group music therapy sessions in a special needs school; Handy Tunes, a Makaton sing-and-sign group for young people, their families and carers; and the Music For Wellness Hub in Kirkbymoorside.

Tom writes:

I have been with the North Yorkshire Music Therapy Centre since September, and in that time, I have enjoyed being able to take on and develop a variety of community groups in the local area. My weekly Groove & Grow sessions at SPARK in York are tailored to babies and younger toddlers, and we have been engaging in musical activities and songs based on the books *Rabbit's Nap* by Julia Donaldson, and *What Can You See, Spot?* by Eric Hill. I have also been facilitating monthly children's sessions at S.E.N.S.E.S. in Scarborough, which take a less structured form, allowing participants to freely play and explore the range of instruments.

My work with adults largely consists of singing for wellness across two groups: Song Mates, aimed at adults seeking to improve and maintain positive mental

health, and Sunshine Singers, a dementia-friendly singing group. We have enjoyed exploring new themes every week and covering a wide range of genres.

I am excited to continue developing my groups and beginning to work on new projects in 2024!

OUR COMMUNITY GROUPS





North Yorkshire
Music Therapy Centre



Handy Tunes



Join our **FREE** inclusive sing-and-sign group for young people, their parents and carers! We'll sing, use Makaton signs, play instruments, and have fun!

Everyone is welcome! Sessions are only held during term time.

TUESDAYS 3:30PM-4:15PM

Our sessions will help you:

- *Develop your strengths and confidence
- *Express yourself creatively
- *Communicate with Makaton signs
- *Get to know more people in your community



SPRINGHEAD SCHOOL

Barry's Lane, Scarborough, YO12 4HA

ENQUIRIES@MUSIC-THERAPY.ORG.UK,
PHONE: 01653 628 725



JOIN OUR GROUPS

Please email enquiries@music-therapy.org.uk or call 01653 628 725 to book a place.

Find out More

THANK YOUS!

Autumn Serenade

The Giocosso Wind Quartet performed a concert at the beautiful and historic Tithe Barn in Nether Poppleton, to raise funds on our behalf on 1st October. Not only was the concert wonderful, it also raised £876 for Music, My Voice - the fund which underpins all the work that we do here as a Charity.

Thank you so much to The Giocosso Wind Quartet for their performance, to Fiona Long for organising the concert and to you, our supporters, who came along to enjoy tea, cake and music, and donated so generously.



Inner Wheel District 4

We were thrilled when Christine Hines, The District Chairman of Inner Wheel District 4 and one of our trustees, chose North Yorkshire Music Therapy Centre as her charity of the year. We were even more delighted when we were invited to District 4's rally and were presented with a cheque for £1850.00 after a year of fundraising on our behalf. Thank you to everyone that donated to our cause. We really do appreciate your support and encouragement. It was lovely to exchange ideas and information, and find out how much good the Inner Wheel does both nationally and internationally.

Pictured are Christine Hines and Laura Festa, our Director.



Ollie Varey

Ollie Varey is a Duty Manager at Derwent Swim and Fitness Centre and has his own Personal training business (Varey Fit personal Training) but still found time to raise money for NYMTC! This amazing young man chose North Yorkshire Music Therapy Centre as his charity of the Month in October. (He chooses a different one each month) By completing 182 miles on his bike, 81km on the crosstrainer, 31 miles swimming, 84 miles running and 64 miles walking, he has raised £357 for NYMTC. What an absolute star!! Thank you so much Ollie!! Keep up the good work!

You can donate to his Just Giving page by clicking here
https://www.justgiving.com/page/ollie-varey-1695891381593?utm_medium=fundraising&utm_content=page%2Follie-varey-1695891381593&utm_source=email&utm_campaign=pfp-email

Just Giving sends your donation straight to North Yorkshire Music Therapy Centre and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.



[Read More](#)



NYMTC and MIND - Disordered Eating Programme.

A new Music Therapy programme is now available for people in Scarborough, Hunmanby and Filey who have eating problems or a challenging relationship with food. The programme is a pilot project between Scarborough, Whitby and Ryedale Mind and ourselves and we are very excited about it.

The service is open to anyone who feels that their mental health and quality of life are affected by their relationship with food, regardless of whether they have an eating disorder diagnosis or not. Music Therapy can help people cope with some of the immediate symptoms and also address the underlying causes of their eating problems. It can also help people reduce anxiety, increase their body acceptance and build emotional resilience.

Music therapy sessions will be tailored to each person's needs and preferences by a music therapist. The sessions may include listening to music, playing instruments, writing or discussing song lyrics, moving to music or talking with the therapist. No musical skills are required.

Sophie Hall, CEO of Scarborough Whitby and Ryedale Mind says: "We are incredibly excited to offer this service in our area, especially as therapeutic treatment options for eating disorders and eating problems are very limited. We're delighted to be working with North Yorkshire Music Therapy Centre and similar to art therapy, we've seen first-hand the incredible benefits of music therapy for people struggling to manage complex emotions or mental ill health". Quoted on: Planetradio.co.uk

Laura Festa, Director of NYMTC says " We are very proud to be providing this important service for the local community and cherish our partnership with SWR Mind"

The sessions are currently offered on Wednesday mornings in central Scarborough and there are a few places available until March 2024. Anyone who wants to refer themselves or get more information can fill out an expression of interest at <https://www.swrmind.org.uk/transformation-music-therapy> or email their contact information to info@swrmind.org.uk or phone 01723 339838.

Find out more

More to share...

Here's some more news in brief!

Coffee Morning in Wombleton

Thank you to everyone that came along and helped raise £86.16! Thank you also to our volunteers and trustees who came along to wash up and donated lots of gorgeous cakes.

The Salvation Army and Local Guides

Laura has visited various groups in Norton over the past couple of weeks and met with regulars at the Come and Meet Each Other (Cameo) group at Norton Salvation Army, leading them in a music therapy workshop, alongside five visiting music therapy students from Italy (see picture below)

Laura also facilitated a session for the girls of 1st Norton Guides.

She engaged the group in exploring musical instruments, playing together and reflecting on social skills and emotional dynamics linked to the act of playing together.

The group was engaged throughout the session, sharing important and deep feedback about the experience. Laura said that it was truly beautiful to see these young women playing and interacting altogether while sharing their thoughts and emotions.

Sessions in care homes

Two of our community musicians have been entertaining local care home residents with their songs, guitar playing and records recently. Thank you to Rita and Bob. You are both really appreciated.

Makaton training

Michelle and Stephen have both been learning Makaton with Emma Smith, a local makaton trainer. They are both practicing and hope to do more training in the future.



We have had some visitors!



In partnership with the Gabriel Marcel Cultural Association, Music Therapy Academy AraMagis, Italy, we facilitated a two week placement for five students (Martina Calambretta, Chiara Sarrica, Serena Scalabrino, Emanuela Reitano and Josephine Agata Rossitto) who each won a scholarship sponsored by Extemporaservizi, and College S.P.A.

The students stayed in York and observed different music therapy groups led by the Charity's music therapists in the community. They also met other local Charities and organisations that work in partnership with the NYMTC.

As part of their placement, they facilitated a workshop for the CAMEO meeting at the Salvation Army (see above), where they engaged the service users in playing different musical instruments, singing in rounds and moving to the music. Our director, Laura, supported the students during their placement, and she was very proud of how they facilitated the group considering the language barrier.

"This is an example of the power of the music. The Italian students facilitated the whole session without the use of verbal language. Well done to everyone involved".

Back in Italy, the students had a peer meeting with their co-workers. They reported on their experience with the NYMTC and shared what they learned from the experience.

The Headteacher of the Academy, Rafaella Luvara, said: "We are very grateful to our sponsors and to the whole team at the NYMTC, who have facilitated the placement and welcomed our students, showing them good practices. It has been an amazing experience for all of them and they are back full of enthusiasm and new projects for use when they are qualified."

Movement for Good Awards



EIO is the promoter

Please nominate us

We could receive a £1,000 donation with your help through the Movement for Good awards.

Please visit this link to nominate us:
movementforgood.com



BENEFACT GROUP

Terms & conditions apply. Closing date 17.12.2023

North Yorkshire Music Therapy Centre is calling for nominations to win a £1,000 Movement for Good Award from Benefact Group.

We are encouraging people to nominate us for a chance to win £1,000 as part of Benefact Group's Movement for Good Awards, which is giving over £1million away to charities for the fifth year running.

It's quick and easy to nominate us online. Nominations remain open until 17 December and you can vote at www.movementforgood.com or press the nomination button below.

Winners will be drawn at random and the more times NYMTC is nominated the more chance it has of being selected.

You can nominate as many charities as you like – it's one nomination per charity, per person. The more nominations a charity gets, the greater their chances of winning, so spread the word and help out your local charities today!

Press here to nominate us

Coop Local Community Fund



We're part of the
Co-op Local Community Fund



**Choose us as
your cause**

coop.co.uk/membership

Sunshine Singers – Dementia Friendly Singing Group has been selected as part of the Coop UK Local Community Fund (Cause ID: 77009) By becoming a Coop member and selecting North Yorkshire Music Therapy Centre as your cause, you can raise money for us each time you shop at the Coop. To find out more about our project and to choose us as your cause, visit [Co-op Membership - Membership that makes a difference - Co-op \(coop.co.uk\)](http://Co-op Membership - Membership that makes a difference - Co-op (coop.co.uk))

But not only that!! Between 22/11/23 – 08/01/24, Co-op are matching donations of Co-op membership reward and cash donations up to £1m. All donations will be split evenly between all current causes. Find out how you can donate your rewards below.

Join us in helping support individuals living with dementia and their families in the local community!

[Find out more](#)

Don't send me a card!!



This Christmas, why not send ecards and donate the cost of the cards and postage to North Yorkshire Music Therapy Centre?

By sending ecards, you will be helping our charity, and saving the planet. We've teamed up with DontSendMeACard.com where you can support our charity by donating what it would have cost to send cards or a minimum of £1! You can then send loved ones ecards instead and feel good that you're helping us as well as the planet! Just click on the link below.

[Go to the Website](#)

Funding Received

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 Summer 2023 Newsletter:

Ryedale Community Grant - To support people with mental health issues

Brelms Trust -To support our ongoing partnership with the Croft Village Trust

North Yorkshire Council (Get going grant) -To support our Music Therapy hub in Scarborough

Garfield Weston Foundation -To support our operating costs

Shepherds Group Community Support -To support our operating costs

Spooner Trust - to support our Music My Voice Fund

Upcoming Events

Harmoni:

Please Join us for a

Christmas CONCERT



All proceeds to North Yorkshire Music Therapy Centre

9 DECEMBER



STARTS 7PM

**St Michaels Church, Malton.
YO17 7LX**

Tickets £12/£6 (under 18's)
including a little tipple!



To book, scan or visit
<https://tinyurl.com/yx9zp88n> or call 01653 628 725

 North Yorkshire
Music Therapy Centre

Book Tickets



Finally, we would like to extend our warmest wishes
for a happy holiday season to all of our friends and
supporters.

With love from the North Yorkshire Music Therapy
Team xxx



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