



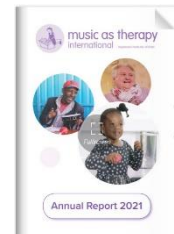
# music as therapy international

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As the year rounds off we're sending one final Partner Bulletin in 2021. Here at *MasT* we've had an exciting year (despite the unknowns Covid continues to bring us all) which is all down to the projects we partnered with many of you on. And, for those of you who have been our Partners for longer, just keeping in touch and hearing about your music has been brilliant. We've also managed to squeeze in one more training project before our last bulletin of this year - so we are welcoming our newest Partners at Caol School too!



If you'd like to read an overview of our work this year, including who we've worked with internationally, have a look at our [Annual Report](#) - and check out Alexia's [blog promoting skill-sharing in care](#) with the Culture Health and Wellbeing Alliance too. We hope you all enjoy a break this Festive Season and come back in January ready to begin a new year.



A final note: Freya (*MasT* UK Programme Coordinator) who usually writes these bulletins will not be with us in 2022, and is moving on to a new role elsewhere. Our new UK Programme Assistant Elsa Hariades will be supporting the Motivation Programme in the New Year, and is looking forward to getting to know the UK Partner Network very much!

As always, please [get in touch](#) if there is something particular you'd like help with or a musical story you'd like to share.

Read on to discover this month's Activity Focus, Recent News & Partner Opportunities

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**Get in touch!**

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# The Motivation Programme

## Guide

This Partner Bulletin email is one element of our Motivation Programme for our UK Partner Network, the umbrella term for all the free support opportunities we offer you once you have trained with us. As this year's Motivation Programme comes to a close, we thought we'd remind you of everything that is on offer to you. After a bit of rest and relaxation this Christmas, why not take advantage of our support offer in 2022 to reinvigorate or restart your music practice? If any of your colleagues have not signed up to these bulletins, please do share it with them. And, to access the resources mentioned, just get in touch with Elsa ([elsahariades@musicastherapy.org](mailto:elsahariades@musicastherapy.org)) or browse the [Resource](#) page of our website.



**THE MOTIVATION PROGRAMME**  
A Guide for New Partners

We know that, for our Partners, getting started with music is the easy bit – it's keeping going that's harder. So, we launched The Motivation Programme in 2019 as an umbrella home for all the support activities our Partners can access to keep their momentum up. This guide runs new Partners through the support options available to you.

“It's really great to have the support and to have it available so long after the training.”  
*Tonia, Early Years Practitioner, James Wolfe School*

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## Recent News

**Update from The Interactive Music-Making Course** Our nine IMM students have made brilliant progress since beginning their training this September, having now completed the course's Taught Component and delivered their taster session within a setting. In January they'll be beginning their Practical Assignments - running a series of IMM sessions within their setting. And find out more about The IMM Course [here](#).



**Celebrating our newest Partners at Caol Primary School!** This was a pilot: our first skill-sharing project with the full age span of primary age children. Five new Partners trained with us, with two more playing a supporting role, and in total the group worked with 16 children! Read more here in Clare's [final blog](#). We received some lovely feedback from staff and pupils:



"Music is helpful because it makes me feel really relaxed and at night I get to sleep easier on a Wednesday because of all the instruments." (Ruby, Group Two)

"The project has exceeded our expectations... Staff gained knowledge, confidence and expertise, with opportunities for leadership, responsibility and ownership of their sessions, and enhanced skills. The pupils expressed themselves, and gained in confidence and motivation. We have already discussed possible groups for continuing the music sessions, and now need a timetable each week of ring-fenced time." (Sharon MacDonald, Head Teacher)

**Follow-Up Visit with The Children's Trust** This November, Sophie Dawson visited the staff group at The Children's Trust School who trained with us earlier this year. She saw Partner Ish deliver a brilliant music session and is going to observe the remaining Partners in 2022. Read Sophie's blog on the visit [here](#).



"Ish took her lead from the group and was rewarded with some lovely responses... It has been wonderful to see her grow in confidence when using music - she has built great relationships with the young people on the residential houses and brings joy and energy to the work that she does.' (Sophie Dawson)

## Partner Opportunities

**Early years partners** Our CPD Events for Interactive Music-Makers and all other Partners have now finished for the year! However we will be holding three more IMM CPD Events in 2022, and will work with everyone else to provide CPD Events as soon as there is interest. So we hope that in 2022 you will join us on Zoom to share your successes, challenges and ideas for your music practice. Whatever the current limitations, it's always a great chance to catch up with other practitioners and think about how to use music once you return to your setting after lockdown.

### **Enhance your Musical Instrument Collection by applying to our Musical Instrument Fund**

Several of you told us that concerns about COVID cross-contamination meant it was difficult to pass and share instruments. Would additional musical instruments improve your work? Or are there new instruments you would like to make available to the people you work with? Or has your collection suffered from regular use and is in need of revitalisation? *Apply [here](#).*

