



music as therapy international

Registered Charity No: 1070760

As we begin to unlock once again, and as the sun comes out, we hope you are feeling more hopeful about the path ahead. This month we have a new resource for you, looking at getting to know new people at your setting.

Many of you will not only be supporting people you know well, but welcoming new children and adults. Restrictions mean you may not have as much contact with their family and loved ones as you would usually have. Without the opportunity to involve families as much, we've been thinking about how you can get to know new people with music. So read on for this latest activity focus.

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.

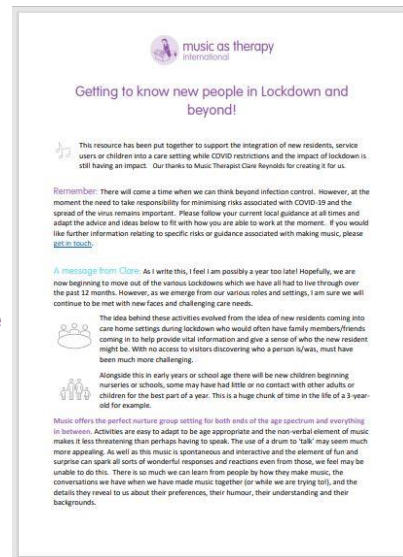
Read on to discover this month's Activity Focus, Recent News & Partner Opportunities

[Get in touch!](#)

Activity Focus: Getting to know new people in lockdown and beyond!

Music therapist Clare Reynolds has put together this useful resource centred on how music can be used to get to know new people. Clare says:

'Music offers the perfect nurture group setting for both ends of the age spectrum and everything in between. Activities are easy to adapt to be age appropriate and the non-verbal element of music makes it less threatening than perhaps having to speak. The use of a drum to 'talk' may seem much more appealing.'



So, read on if this sounds relevant to you right now: Clare's Guide to [Getting to know new people in lockdown and beyond!](#)

Recent News



Welcome to our newest Partners from Carers Trust! In our last newsletter we shared details of this online training project with support workers associated with national charity Carers Trust, who support unpaid carers across the UK. Led by music therapist Hazel Child, this series of workshops covered:

- Confidence to make music with limited materials
- Experiential music for relaxation
- Music for self-care
- Singing and song-writing

We are pleased to welcome the new group into our Network and hope you will all take advantage of the events, opportunities and activities in these newsletters. *Interested in online music training yourself, or the areas of training we covered with Carers Trust? Please [get in touch](#).*

Keep an eye out for our new website and resource page: Our new website has been a labour of love over the past few months, and we're really excited to share it with you -

particularly our new Resource Page designed specifically for our partners to browse.

[Follow us on Facebook](#) to see it launch next week!

Partner Opportunities

Online CPD Event for Early years

partners [Sign up](#) to our June event and join us to share successes, challenges and ideas for your interactive music-making 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.



For partners working in Dementia

Care: The Paul and Nick Harvey Fund is offering funding for people making music in all its forms accessible to people living with dementia. Open only to charities, we would be happy to partner with you to apply for the funding you need to develop your work with music (e.g. new or top-up training, regular support from a music therapist, a one-off visit from one of our team, or a totally new idea you have for music). Please [get in touch](#) to discuss your idea.

Highlands Partner Zoom: 5th May, 3pm

Clare Reynolds will be hosting a Zoom for all of the Partners she has worked with in the Scottish Highlands. This is a chance to have a virtual tea and cake with Clare, catch up, and see if there's anything we can do for you as we emerge from lockdown... She'd love to see you there!

[Sign up here to attend.](#)

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](#).

