



music as therapy
international

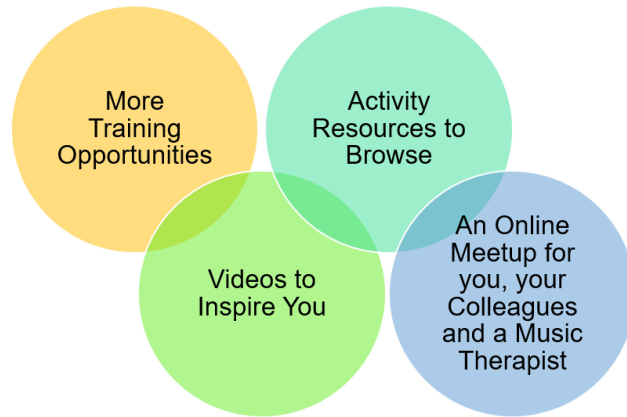
Find out how the Partner Network has been using music during lockdown

As we enter the second lockdown, it's starting to feel a bit like groundhog day. Nevertheless, we hope you are all doing alright, and are here to offer our support and solidarity whenever it is useful. This month, we wanted to share the results of the 'One Minute Music Survey' so far. Read on to hear about how your colleagues and peers have been using music...

Singing as a part of everyday care and **playing recorded music** have been the two most common ways to use music - but lots of you said 'you did something different' too. If you've got any activity ideas or different ways to use music you'd like to share with the wider network, we'd love to hear.

There was wide agreement that music has helped your service users during lockdown, too, which is wonderful to hear. 92% of those who responded said music supported your clients **emotional wellbeing** and helped them to **communicate** during this time, and 75% said it helped with **enjoyment**. We want to support you to keep doing more of this - using music in the most useful and appropriate way for your unique environment. In terms of what you need going forward, **the most popular ideas so far are:**

Despite working with diverse client groups and in different parts of the UK, it is encouraging to hear that **the majority of partners who responded did use music during lockdown - and nearly everyone felt it was important.**



You have been adapting and using music in new and different ways - showing there is no one way to use music, especially in times like these. However, for some, a closed setting or self-isolation meant they weren't able to use music or indeed work at all - but others felt that there simply wasn't the time, and music was 'not top of the priority list.'

Finally nearly everyone preferred these **short monthly email bulletins** to the quarterly newsletter we begun last year. So, we will be trying our best to bring you interesting musical ideas, videos, activities, or stories on a monthly basis from now on!

Remember, there's still time to have your say. We're currently following up now on what kind of additional training partners would like. If you want to tell us something different, share an idea or have your perspective represented, [the one minute music survey is still open until the end of the month!](#) We'd love to hear from you.

REMEMBER: Musical instrument infection control. We remind you to always thoroughly clean your instruments after use to prevent cross-contamination. Read our guidance on how to use musical instruments safely during COVID-19 [here](#).



Our **Musical Instrument Fund** is still open for applications (find the form [here](#)).

Several of you told us that having too few instruments was preventing music sessions, as passing round instruments risks cross-contamination. It might also be the case that you don't have the right kind of instruments, and would like some that can be held onto for a whole session by each individual participant.

Peer Experience Meetings: [Some of our Early Years Practitioners got together with Alexia Quin via Zoom](#) in June, and the next Early Years meetup will be next

month, with Sarah Hadley! If you'd like to come along and share experiences with other practitioners using music with young children, you can sign up [here](#). If you'd like to share experiences with people using music, but work with a different client groups, [let us know](#).



Missed our last bulletin? Find it on our
blog, [here](#)!
