



music as therapy
international

Happy Christmas and festive season to our Partners!

As we come to the end of what has been the hardest of years for everyone we wanted to thank you for the work you have been doing with some of the most vulnerable people, young and old. Many of you may be working over Christmas, but we hope you will still have a chance to relax and reset for the year ahead.



Thank you as well to those of you who completed our One Minute Music Survey. You told us that singing in everyday care and playing recorded music were the key things that you have been able to do with music during lockdown. You told us music has been an important tool for improving emotional wellbeing, helping people communicate and providing enjoyment. So we will be focusing our activities and ideas on these themes, to help you continue to do just this when we return to work next year.

In the meantime, you might find it helpful to read the [Safe Singing Guidance](#) devised **Live Music Now** for people working in care homes. And remember **Music for Dementia Radio**? Their programming has gone festive! This month,

additional programmes range from Jazz, Classical Christmas to Carols with the Alzheimer's Society. For those of you working at the other end of the lifespan, you might be inspired by [Carolyn's Interactive Music-Making Story](#), which includes how COVID-19 has affected her practice.

Here's to a safe Christmas for everyone!

Freya and the *Music as Therapy International* Team



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: Our final partner meet-up of the year took place in November, on Zoom, hosted by Sarah Hadley. You can read more about it [here](#). If you'd like to share experiences with other practitioners using music with young children in the new year, sign up to the [IMM mailing list here](#) for alerts or just [get in touch](#). If you'd like to share experiences with people using music, but work with a different client groups, [let us know](#).



