



**music as therapy**  
international

Registered Charity No: 1070760

**Happy New Year - well, February - to our UK Partners!** It's been a tough start to the year but hopefully we are all starting to see a light at the end of the tunnel. As the days get lighter, we hope everyone is doing alright.

Thanks to those of you who responded to our 1-Minute Music Survey at the end of last year. Key ways you told us you'd been using music were **singing in everyday care** and **playing recorded music**. And the three main reasons you told us music had been helpful were **emotional wellbeing, communication** and **enjoyment**. So we will use these aspects of working with music to focus the musical resources we share with through these monthly bulletins (including tips and videos). *Still haven't filled in the 1-Minute Music Survey? [Click here](#).*

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

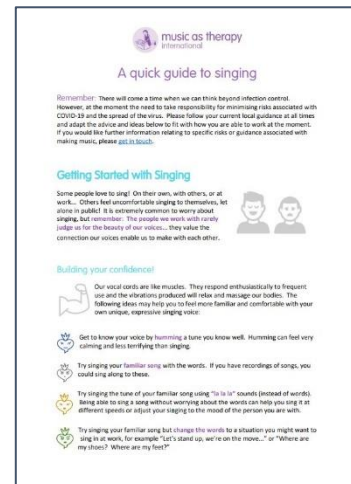
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**Get in touch!**

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## Activity Focus: Singing

While we might not be able to work with our typical groups or schedule dedicated music sessions in the ways we could pre-COVID, some of you have told us singing still has a place in your work. Read our [Quick Guide to Singing](#) for encouragement, tips and ideas to focus on how you use singing in your work (alongside your current local COVID guidance).



## Recent News



We are very excited to be starting the new year with an online music training project training Carers Trust support workers to find ways music can help their local groups of unpaid carers. [\[Read more\]](#). Interested in online music training yourself? Please [get in touch](#).



Share our pride in recent success in two National Awards this year: Our Interactive Music-Making Course and Network ('Highly Commended', Nursery World Awards) and our whole UK Programme (Innovative Quality Outcomes Finalist, Markel Care Awards).



Would you like to add one of our Award logos to publicity relating to your work with music? Please [get in touch](#).

## Partner Opportunities

Online CPD Event for Early years partners [Sign up](#) to our March 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.



**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](#).*