



# music as therapy international

Registered Charity No: 1070760

In this June Partner Bulletin, we share some exciting charity news; resources for using music for self-care (both for your clients, and for your own wellbeing); and a number of exciting project funding opportunities with *MasT* and others. And, of course, we hope you are enjoying the beginning of summer. It's not long now to wait till  
**19th July...**

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 Pick:

# Music for Self-Care

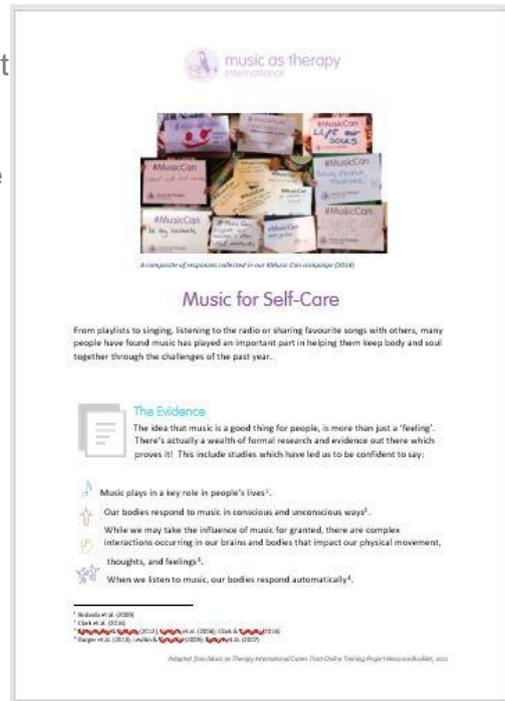
From playlists to singing, listening to the radio or sharing favourite songs with others, many people have found music has played an important part in helping them keep body and soul together through the challenges of the past year.

This [resource](#) is drawn from our recent project with [Carers Trust](#), and looks at the evidence for using music for wellbeing, alongside three ways you can use it, plus activity ideas, links and videos:

- Music for comfort
- Music for awakening
- Music for purpose

We hope you enjoy reading this activity pick, and we'd love to hear if you put any of these

ideas into practice: for yourself, as well as the children or adults in your care.



## Recent News

**An OBE for our Director, Alexia:** We are very proud of the charity's director and founder, Alexia, who has been awarded this OBE for her services towards the promotion music therapy in the UK. This year's honours list's theme was the 'Caring Nation,' so needless to say, this reflects the work of our partners as much as the charity. Thank you for working with us over the years! [Read Alexia's blog on reflecting on the award here.](#)

**New website!** Last month we shared the launch of our [new website](#) with you, and we've been so pleased with all the positive feedback we've received. Remember, the [Resource Page](#) is there for you to browse at all times, whether you're looking for activity ideas, videos, research or leaflets to share with the families of your clients.



**June IMM CPD Event:** Earlier this month Oxleas music therapist Hannah Smith met three of our Interactive Music-Makers on Zoom to catch up on their music practice. [You can read more about it here](#), and sign up to the year's final IMM CPD Event below.

## Partner Opportunities



### **Interactive Music-Making for the Under Fives Course - now open for applications**

'IMM' is our unique structured training course for practitioners working with the early years, which this year was 'Highly Commended' in the Nursery World Awards for Inclusive Outcomes. It will run from September 2021 from South East London, and complete in May 2022. Learn more on our dedicated [IMM website](#). We will also be running the [IMM Award Scheme](#), offered free needs-based places to a number of practitioners, along with a free set of instruments and up to £650 towards cover/travel. Apply by 1st Sept!

### **Online CPD Events for Early years**

**partners** [Sign up](#) to our **final CPD Event of the year!** Join us on Zoom, on Fri 15th Oct, 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.

## **Funding opportunity: Adults with Learning Disabilities**

MasT are looking to prioritise projects or tailored/top-up training that benefits adults with learning disabilities over the next year. If you work in an ALD setting and are interested in how music can be used to enhance care, [please get in touch](#).

## **Sound Connections Innovate Fund**



To any of our network currently working with children and/or young people under 25 in London, in challenging circumstances, we'd also like to draw your attention to a brilliant Sound Connections' funding opportunity. Innovate provides support and investment of up to £2,000 to explore new ideas and approaches to using music. It is particularly aimed at individuals and grassroots organisations with an annual turnover of less than £100k looking to launch or incubate a project idea and develop fundraising skills. Find out more, and how to apply, [here](#)

## **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.*



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