

# MEANINGFUL MUSIC WITHIN CARE

Supporting Health and Social Care  
Professionals Across the UK



**Drawing on the core principles of music therapy, we provide training to staff working in schools, care centres and residential homes.**

Introducing targeted musical activities creates opportunities to work towards social and emotional goals and enhance the quality of relationships between everyone who takes part. Our accessible approach equips staff with new ways to provide responsive support to those in their care on a day-to-day basis.



**“ Music could change  
the way people care and  
are cared for. ”**



**music as therapy**  
international

Registered Charity No. 1070780

Activity Leader, specialist residential home for people  
with learning disabilities

## Our Training

All our training projects are delivered on-site and are tailored to local needs. Typically a music therapist can provide introductory training to 4 members of staff by spending half a day in a setting, running music sessions together for two different groups of children or adults, over a period of 6 weeks.

- **Step 1:** Working together with staff across the setting, a professional music therapist looks at what is working well and what people want to improve.
- **Step 2:** Together we put together groups with whom you want to see how music might bring a new perspective or offer new experiences.
- **Step 3:** Participating staff join weekly music sessions to see the music therapist demonstrate musical activities, learning how and why music can make a difference.
- **Step 4:** With the support and guidance of the music therapist, participating staff gradually take over delivery of these sessions until they are running the groups themselves.

**“ We looked at the training matrix and saw on-going in-depth training was planned to support staff members' continued learning and was updated when required... training included music therapy. ”**

2017 CQC Report rated  
'Outstanding'  
Residential home for people  
with learning disabilities



**We leave behind the confidence, skills and resources needed for staff to integrate this approach into their care practice.**

**“ Music as Therapy's course has increased our confidence... bringing in opportunities for self-direction, choice, self-expression, co-creation and participation. ”**

Activities Co-ordinator, residential care home for the elderly)

## Making a Lasting Difference

We understand the value of training is in its longterm impact. We also understand that using new ways of working can be challenging, so we offer a range of support resources and activities to staff who have received our training. This means: We are available to you for supervision, informal support, resources and guidance that promotes the long term impact of any training we provide. We are also happy to talk, meet or visit your Centre to provide the above or to discuss any aspects of practice or development.

**The success of our training relies on strong partnerships and we want to establish collaborations that will last and support the use of music to change the way we care.**

**“ [A staff member said:] ‘We adjust activities to engage people in a meaningful way.’ Many group and individual activities were designed to promote the wellbeing of people with dementia, such as using music to promote language skills and dance to promote physical ability.”**

2020 CQC Report rated ‘Outstanding’, a residential home for the elderly



## Costs to Consider

As a guide, training 4 members of staff is likely to cost in the region of £3,650. This includes musical instruments to the value of £500. We ask all project partners to consider what level of contribution they are able to make to training costs and we offer flexible arrangements. We never want funds to be a barrier to accessing training.

Every care setting that is able to contribute to the costs of its staff training makes it possible for a care setting which can't to still access training for their staff. You can help us embed meaningful music within care as widely as possible.

## Who Are We?

Music as Therapy International (Registered Charity No. 1070760) has over 20 years experience devising and delivering music skill-sharing projects, working in partnership with 51 organisations and over 100 care settings in 7 countries.

We believe passionately in the power of music to make the most of people's potential, overcoming obstacles such as disability, trauma and mental illness. Our aim is to make the unique and life-enhancing benefits of music available to as many vulnerable people as possible, by training and supporting the staff who care for them every day.



**“ Music As Therapy International’s training is an excellent way of developing both the individual and the group through the use of music making. You don’t have to be musically trained to apply the lessons, I’m not, just to be prepared to learn along with your participants. It’s also a lot of fun!! ”**

Senior Day Care Officer,  
Learning Disability Support Service, NHS Highland.

**To find out more about meaningful music for your service users or to discuss training for your staff, please contact:**

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**020 7735 3231**

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