

# THE MOTIVATION PROGRAMME

A Guide for New Partners



We know that, for our Partners, getting started with music is the easy bit – it's keeping going that's harder. So, we launched The Motivation Programme in 2019 as an umbrella home for all the support activities our Partners can access to keep their momentum up. This guide runs new Partners through the support options available to you.

“ It's really great to have the support and to have it available so long after the training. ”

*Tonia, Early Years Practitioner, James Wolfe School*



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Congratulations on completing your training! You are now a Partner of Music as Therapy International. This also means you are a member of our growing UK Partner Network of care practitioners and educators across the UK, who know how to use the unique interactive music-making approach.

Now you're a Partner, the charity is here to support you with your music practice for as long as you need us. You can always get in touch to ask for support – to troubleshoot challenges, celebrate successes, discuss new activity ideas or kickstart your sessions again.

## The Motivation Programme

We know that your training project leaves you inspired and excited to run music sessions, but sometimes you need help to keep them going. This is where The Motivation Programme comes in. This is the umbrella for our support offer, open to all Partners for as long as you need it. It includes all the resources and opportunities outlined in this guide.



### Follow-Up and Support Visits

All Partner Settings are offered a Follow-Up Visit, usually over a half day 3-6 months post-training, led by the music therapist who delivered your project. This

will provide you with further guidance, support and encouragement in your use of music, and provides an opportunity to celebrate your successes. You will also be offered an additional Support Visit after a year if you feel it would further develop your music practice.

*“Thanks for today, I felt like I learned a lot more with some 1-1 training and got a lot out of it, and thoroughly enjoyed it.”* Steph, Care Practitioner, Moss Park Residential Home

### CPD Events

We offer free online and in-person Continued Professional Development Events, during which you can discuss anything and everything music related, with a professional music therapist and other Partners working in the UK care sector. All

CPD participants receive a pair of egg shakers and a CPD certificate You can also offer to host a CPD Event – just send us an email to let us know you’re interested to do so. The Events are advertised on our website, social media and Interactive Music-Maker mailing list.

“I enjoyed meeting everyone and sharing experiences. I have taken with me fantastic ideas with which I will improve my practice.”

Ewa, Early Years Practitioner



### Accessible Online Resources

You can download our Evidence Bases, Activity Books, Covid-19 Activity Guidance, on our Resources Page, looking for the versions relevant to your client group. Here, you’ll also find general short ‘Activity Picks’ for you to try out. Just use the drop-down menu to select ‘UK’ and the client group you work with, and browse. Remember, our email bulletins contain resources from external organisations that may interest you.

“I have seen both the newsletter and the resource book and they are both great. The resource book was very comprehensive with so much useful information.” Jo, Support

Worker, Carers Trust



### The Partner Bulletin

This is a great outlet for sharing stories, activities, and Partner news from across the UK. You’ll find instrument giveaways, invitations to contribute, and opportunities to ask our music therapists your questions or learn from those asked by other Partners. You will be automatically enrolled to receive future editions (you can unsubscribe at any time). The section above, on Resources, explains how to browse past copies.

“Thanks for this. The newsletter is great! Useful feedback in a format that works well for busy practitioners.” Ali, Early Years

Lead, Waterways Nursery



### The Role of Music: The Evidence Base

You can download our most recent Evidence Bases, drawn from the 2nd edition of our comprehensive Research Summary (2020), on our Resource page. These guides summarise the research underpinning music therapy practice for different client groups. They are useful for showing family

members, managers and colleagues, and leaflets provide persuasive quantitative and qualitative evidence supporting the interactive music-making approach.



### Interactive Music-Making Activity Book: available for key client groups

Activity Books are also available for each key client group, alongside additional guidance for practice alongside COVID-19. These exist for the three key client groups: Dementia, ALD, and Under Fives, however many of the activities are adaptable to other client groups – if you would like some support adapting activities, please get in touch. You can also find individual activity picks via our Resource Page which are drawn from our varied projects, and are adaptable to many different client groups.

“Thanks for putting these guidances together, very helpful in helping our plans for restarting services in new ways... I've just shared the resources to our staff team this morning!!”

Geoff, Senior Practitioner,  
Montrose Centre (ALD)



### The Musical Instrument Fund

This Fund allows Partners to apply for further musical instruments if in need. The Fund was launched in response to COVID-19, to help our partners who do want to continue to use musical instruments but who need additional resources to make this easier and reduce risks of cross-contamination. However the fund also applies to normal circumstances, when instruments need replacing or replenishing. You may also apply to the Musical Instrument Fund if you move to a different setting and want to set up IMM sessions in your new place of work.

“We do have a large number of families wanting to access Interactive Music-Making, however, due to lack of resources, we are only able to offer a waiting list. Additional musical instruments will make such an impact for us.”

Kheeima, Early Years Practitioner,  
Quaggy Nursery

Please Note: Musical instruments are donated to settings, not to individuals. To request some more musical instruments for your setting please use the contact details below.

[Email freitagibbs@musicastherapy.org](mailto:freitagibbs@musicastherapy.org) to sign up to the newsletter or request support. [Find Resources](http://www.musicastherapy.org/resources/) at [www.musicastherapy.org/resources/](http://www.musicastherapy.org/resources/)