



February 2019

Welcome to our first UK Partner Newsletter!

Last year, you worked hard to keep your music sessions going, and many of you met with our music therapists. We were welcomed into 6 different settings by 22 practitioners around the UK, where we saw 99 children and adults taking part in your music sessions.

We were inspired by the great work with music that you are doing with young children with additional needs, adults with learning disabilities and with the elderly, including people living with dementia. You too seem excited by the role of music in your working lives and in the lives of the people you support. Do take a look overleaf to see what you told us, what we learned and what we saw was going well.

With all the information collected during the visits, we also created a [UK Sustainability Report](#) which features many of your words and reflections directly, and looks at how your project has impacted the service you provide, the people you care for, and your own development.



UK Partners Gill and Eileen, at Haviland House, Worthing

This UK Partner Newsletter has been launched because you also told us that ideas and occasional emails would help you develop your use of music. In the next issue we will invite you to share your experiences: we will welcome your own activity ideas, questions about challenges you encounter (for our music therapists to answer), success stories and photographs. As you continue your music sessions in the coming weeks, do start thinking about how you might get involved.

For now, congratulations on your continued hard work. And here's to a music-filled 2019!

Music as Therapy International

What you asked us for

Last year we asked you what you thought you needed to keep your music sessions going. You told us:

Additional training: Top-up training, training for staff who were not trained in the first project, or a new training project altogether.

Resources: New songs, session ideas, musical resources and the chance to share activities with other practitioners.

Supervision and Support: Face-to-face supervision, assistance with goal setting and evaluation, help from a music therapist to talk to colleagues about your sessions and the role of music in your setting.

Our Motivation Programme

In response to your suggestions, we are launching a Motivation Programme to support you in 2019. This will include:

- A Quarterly UK Partner Newsletter as a forum to share resources and experiences.
- Development of Online Resources to support your work with music.
- An accessible way to request supervision, additional training or the specific support you need from *Music as Therapy International*.
- Opportunities to champion your commitment to quality of care.

To join our Motivation Programme and to make sure you receive future UK Partner Newsletters just fill out the card enclosed and send it back to us in the freepost envelope.

Once registered you will receive a pair of **egg shakers** with the next Newsletter!



What you told us



100% of you felt more **confident** following introductory training – recognised by 100% of your managers.



75% of you agreed that you were **proud** of your music sessions.



92% of you and 100% of your managers believe you enjoy more **responsibility** at your setting and recognise an **increased**



commitment to your role since your training.

What we learnt

92% of you told us were using music regularly at your setting.

84% of you and your managers feel that music is embedded in the core offer of your settings.

77% of you said that you feel music has influenced your wider care practice: showing that the skills learnt through music projects having impact beyond session themselves.

"[One practitioner reported that] she would often use the techniques learned through Music as Therapy outside of the session too and would sing to help residents get dressed, for example."

Regardless of the client group, our visits gave us the opportunity to see that music sessions offered participants opportunities develop their:

- **Participation**
- **Social motivation**
- **Non-verbal communication**

We will be sharing more detailed accounts of how music helped individual client groups later in the year.

What's going well

Looking at everything you showed us, and you, your Managers and our Music Therapists told us, we are impressed by the quality of your music sessions. Key strengths include:

	Safe practice (including physical safety, safeguarding, discretion).
	Creating a well-established and consistent routine.
	Enthusiasm for your sessions, and running sessions that participants enjoy.
	Understanding what you are doing, and why.
	Careful observation of your session participants during and before sessions.
	Being led by the session participant.
	Choosing activities based on clients' needs.
	Musical ability - e.g. pitch, tone, volume, speeds.
	Using music to communicate non-verbally.
	Waiting and listening to session participants.
	Using music to stimulate interaction.
	Flexibly adapting activities to the response of the participant.



One of our UK Partners Susan, at the Montrose Centre, in the Scottish Highlands

We are currently developing our **Online Resources for UK Partners**.

We learnt so much from working with you last year. Read our full report here:

<http://www.musicasterapy.org/sustainability/overview>