



Greater Wellbeing Through Music

musictherapyworks.co.uk

About Music Therapy Works

Music Therapy Works is a charity established in 2008. Initially covering Worcestershire and Birmingham, our delivery of Music Therapy has expanded over the years to serve both the East and West Midlands. We employ salaried and freelance Music Therapists offering a wide range of skills and experience. All our therapists are trained to Masters level, registered with the HCPC, hold clean Enhanced DBS checks and receive regular clinical supervision. Music Therapy Works is governed and supported by a dynamic board of Trustees.

About Music Therapy

You don't have to be 'good at music' or play a musical instrument to benefit from Music Therapy. Musicality is an innate human quality that can be mobilised to enable expression and build relationships, as a means of nurturing wellbeing and enriching our sense of self. Music Therapists have the skills to use music, in all its guises, to support people at all stages of life, facing all manner of psychological, cognitive, emotional and physical challenges. Music is fundamentally relational, so by attending to someone's individual needs by working with them in music, new opportunities for self-expression, connection and communication can be creatively explored. Music Therapy responds to client need and is uniquely accessible for people across the lifespan, particularly when verbally-based therapeutic interventions are unlikely to be effective. Music Therapists work with newborn babies to elderly adults, and everyone in between. Rather than simply addressing the challenges someone is experiencing, Music Therapy works to mobilise innate resources in ways that ripple out into people's wider lives, building resilience and opening opportunities for the future.

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So beneficial, enjoyable and important for the health benefits our pupils gain from these sessions. Increased engagement and concentration are often observed.”

Bec Gayden, Chads Grove School

Our Vision “*Greater wellbeing through music.*”

Our Mission

We deliver high quality Music Therapy for clients, innovative collaborations with partners and wider understanding of the benefits of music for all.



Where we work

Although much of our delivery is in Birmingham and the surrounding area, we have Music Therapists working in nearly every county across the Midlands including Nottinghamshire, Lincolnshire, Leicestershire, Derbyshire, Staffordshire, Warwickshire, Shropshire and Worcestershire.

Benefits of Music Therapy

From the moment we are born, we co-create improvised patterns of life with other humans, developing the blueprint for our relationships and self-awareness.

Music therapists are trained to weave these patterns into music, amplifying communicative potential to support self-expression for people who find themselves limited in their freedom to show who and how they are. As one client put it, "I can hear myself being heard". The breadth and depth of Music Therapy's potential to effect meaningful change is unique – from enabling recovery from trauma, to celebrating diversity and identity; from addressing mental health needs in positive ways, to coping with chronic pain; from supporting babies in their first days, to accompanying people in their final hours.

How we work

We deliver Music Therapy for clients across the Midlands. We can also partner with organisations on pioneering projects and research.

If you're interested in how Music Therapy might help...

Please contact us with your enquiry. It's really useful if you can tell us: 1) post code of prospective client; 2) why you are interested in Music Therapy; 3) any scheduling constraints - the more availability you can give, the greater the chance we can find a match with a therapist. When we match you with a therapist, we can then discuss further details about the therapy. If we don't find a match straight away, we can add you to our waiting list. If you need to apply for funding or an EHCP, we can support that process. We charge an hourly rate for Music Therapy and generally deliver 1 hour on a

Examples of the benefits of Music Therapy include:

- Improvements in emotional wellbeing, relational skills, and self-regulation among looked-after children.
- Reduced anxiety, depression, and stress: music can trigger dopamine and serotonin, elevating mood, reducing depression and anxiety.
- Enhanced learning and focus: music can improve attention spans and motivation, making it a useful tool in educational settings.
- Improved communication, social skills and attention in people with autism, developmental conditions or social, emotional and mental health needs.

weekly basis to optimise therapeutic continuity and outcomes. Music Therapy sessions are usually held in client's own premises (schools, hospitals, private homes etc.) We don't have our own venue, but can sometimes hire a space for an additional fee. Music Therapy can be delivered on a long-term or short-term basis.

If you're interested in partnership projects and research...

We love innovative projects, programmes and research that push back the frontiers of Music Therapy and help us to better understand and articulate the benefits. If you might like to partner with us in jointly fundraising and delivering new work, please contact us.

- Reduced PTSD symptoms and emotional distress in children who have experienced abuse or neglect, including those who are fostered or adopted.
- Enhanced memory, concentration and cognition: particularly useful in dementia care, music can stimulate parts of the brain involved in memory and attention.
- Improved motor coordination: rhythmic and structured musical interventions can aid physical motivation and rehabilitation, including for people recovering from injury or stroke, and those with a wide range of physical impairments.



Who we work with

Our team of Music Therapists support people of all ages in a wide range of settings across the Midlands. Our services cover:

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|----------------------------|---------------------------|
| • Adolescents | • Older people and adults |
| • Adoption and fostering | • Premature babies |
| • Children | • Schools |
| • Early years | • Special needs |
| • Families | • Supervision |
| • Mental health | • Young adults |
| • Neurologic Music Therapy | |

Get In Touch



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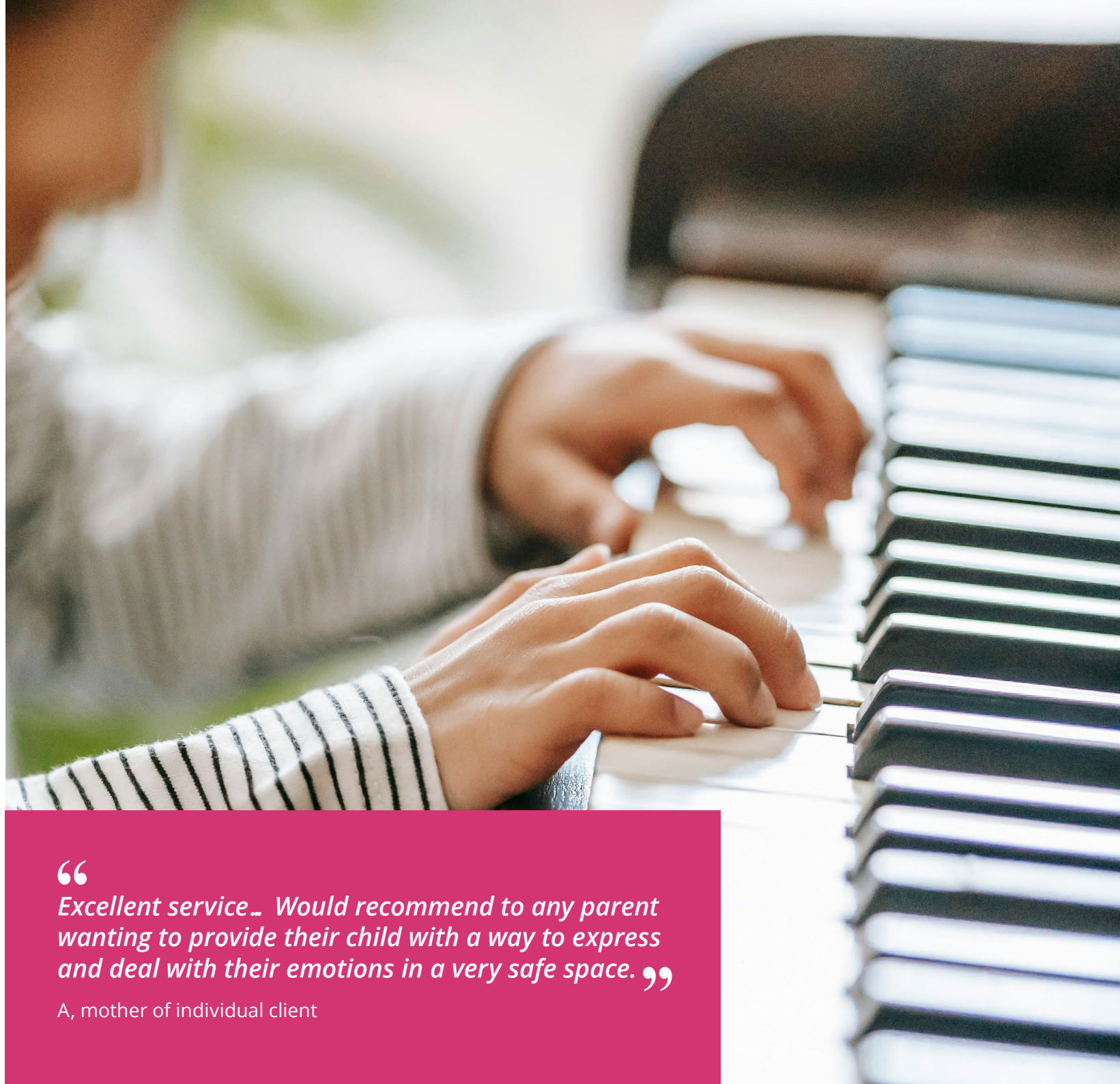
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Registered charity no. 1126584



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*Excellent service... Would recommend to any parent
wanting to provide their child with a way to express
and deal with their emotions in a very safe space.”*

A, mother of individual client