

Music Therapy – Making Connections

Music therapy is a clinical psychological therapy, which uses the unique non-verbal qualities of music as a means of interaction between the therapist and the client. Music Therapy is used in hospices, care homes, hospitals, schools, day centres, mental health settings and prisons, and in private practice across the UK.

It can help a number of disorders and conditions such as: Autism, learning disabilities, physical or sensory impairment, mental health and wellbeing, dementia, neurological disorders and life-threatening conditions.



The therapist works with individuals or small groups using many different techniques such as improvising on different instruments together; singing; playing live music to clients or listening to music together; moving with rhythmic stimulus; song writing (especially in end of life care); rehearsing and performing; and creating music based stories and reminiscence (particularly in dementia).

It does not require any previous musical experience or skills and is an empowering means of communication, helping to reduce feelings of isolation, especially for non-verbal clients.

All newly qualified music therapists have to have achieved an MA in Music Therapy and be registered with the Health and Care Professions Council (HCPC) to practice. In addition, they have regular clinical supervision and continuing professional development through the British Association for Music Therapy. For further information and videos of music therapy see www.bamt.org or www.nordoff-robbins.org.uk/

“Music can lift us out of depression or move us to tears - it is a remedy, a tonic, orange juice for the ear. But for many of my neurological patients, music is even more - it can provide access, even when no medication can, to movement, to speech, to life.” Oliver Sachs.

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MUSIC ON THE QUANTOCKS

ANOTHER RECORD-BREAKING YEAR FOR WORLD-CLASS MUSIC IN OUR VILLAGES

Thanks to everyone from Spaxton and local villages who came to our winter concerts, including the Christmas Concert by Stile Antico, one of the best-selling choral groups in the world. There wasn't a Quantock village church big enough to accommodate the audience Stile Antico attracted, so we had to hire Taunton's largest church, St Mary Magdalene.



2015 was yet another record-breaking year with one sold-out concert after another. *We have now held 82 concerts since we began in 2011.* All world-class and all sold-out! The highpoint of the last year was undoubtedly the Hilliard Ensemble's concert, their last UK performance before retiring after 40 years at the top of the music charts. We were on 'cloud nine' when we were chosen to stage it. We had over 4,200 applications for the 920 seats available with the final ticket being sold to a woman who travelled all the way from Oregon, on the US west coast!

2016 already shows the signs of box office records being shattered. As well as two concerts by top London and European orchestras and a wonderful programme of intimate concerts in local churches and village halls, we have been chosen to stage one of Sir James Galway's farewell concerts. Yes, the 'Man with the Golden Flute' will soon be here **(date to be confirmed)** with an entertaining show playing his best known hits and talking about his performances with the finest musicians and celebrities. ***Don't miss out on these wonderful concerts.***

Join our mailing list quantocks@live.co.uk or visit our website: www.musiconthequantocks.com