



The children featured in this leaflet are all local and we are grateful for kind use of their photos.

Does Music Therapy teach Musical Skills?

Music Therapy is not a substitute for music lessons. Clients will often acquire certain musical skills in the course of a music therapy programme, such as sensitivity to pitch, rhythmic control, awareness of form, manipulative control etc. These skills, whilst constituting an important part of the therapy programme, are likely to be secondary to pre-determined therapeutic objectives.



Experimenting with the fabulous "Soundbeam" equipment presented to Sound Waves by Devon Folk

Music Therapy is a State Registered Profession
within the Health Professions Council.

What is Music Therapy?

Music Therapy is the interactive creative and spontaneous use of music in a therapeutic setting. It provides a process through which clients can express themselves, become more aware of their feelings and interact more easily. Music Therapy can also provide new insights into a client's functioning.

Music is a powerful emotional medium that can affect us all deeply and clients are encouraged to make music with the therapist using a range of accessible instruments.

How can Music Therapy help?

Music Therapy can help children & adults in areas including:

- Autism
- Communication disorders
- Learning disabilities
- Mental health problems
- Dementia
- Terminal illness
- Sensory impairment
- Physical difficulties
- Emotional problems
- Challenging behaviour



Photo "Parallel journeys"
kindly provided by Henry Dunn

Sound Waves South West

Telephone 01288 354301

Music & Music Therapy Trust

Registered Charity No: 1089223

www.soundwaves-sw.co.uk



Sound Waves South West Music & Music Therapy Trust



"Health through Music"

"Music's the Medicine of the Mind"
(John Logan 1744-88)

"Where words fail, music speaks"
(Hans Christian Andersen)

"Music expresses that which cannot be put into
words and that which cannot remain silent"
(Victor Hugo)



Awarded in 2005
for work in the community

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A Science and an Art

Music Therapy is both a science and an art. It is the use of sounds and music to support and develop an individual's physical, mental, social and emotional well-being. A relationship between the Therapist and client evolves over time through their involvement in music. Most of us respond to music, even when ill, injured or disabled. Even people who find it difficult to communicate tend to be affected by music and can express themselves through it.



Health Care Professionals and Carers are increasingly aware of the sometimes dramatic improvements brought about by Music Therapy for people of all ages with wide ranging needs. It can benefit children and adults with physical, mental, emotional and language problems such as Autism, Cerebral Palsy or Depression. Recent research has shown that Music Therapy can increase vocal activity; attention and social interaction; help organisation of movements; aid relaxation; release tension and improve mood. (Professor Leslie Bunt)

Music Therapists need very special skills

Training in Music Therapy is now available in seven centres in the UK – London (3), Bristol, Cambridge, Cardiff and Edinburgh.

Entry for training demands a high standard of musicianship and students are mostly accepted after their three year degree course with a recognized University or College. Training for Music Therapy includes psychological and medical studies. Then an MA in music therapy can only be achieved with a high level of musicianship and a certain personal maturity which is considered essential for such a challenging role.

No Music Therapist can practice until they have been accepted for registration with the Health Professions Council and many become members of the Association of Professional Music Therapists. Throughout their career Music Therapists' work will be subject to clinical supervision.

Our website www.soundwaves-sw.co.uk has direct links to the Association of Professional Music Therapists' site and many other helpful and interesting sources of information.



Sound Waves in the Community

Our Instrument Loan Scheme began in September 2002.



We are currently loaning over 70 instruments including violins, cellos, flutes, clarinets and a trombone – free to children who then pay for their own tuition. At present the instruments are loaned to children attending seven local schools. We hope to encourage as many children as possible to play a musical instrument and are always seeking further funding to expand the Scheme. The Charity listens sympathetically to any requests for instruments not currently held subject to funds being

available at the time. SWSW has to not only maintain the instruments but also provides specialist instruments for our Music Therapy team, so donations are very much appreciated.



Sound Waves facilitate and organise Music Workshops for children where they bring highly qualified professional musicians to local schools. Here Graffiti Classics wowed local youngsters with their superb playing, brilliant rapport, crazy humour and boundless energy!

Another Sound Waves project is the production of a regular Music and Arts Directory on the website with contact details and events diary to help and promote local organisations.

Sound Waves South West Music & Music Therapy Trust

A Legacy to Help Children

It is not only the large National Charities that can benefit from a legacy – small grassroots Charities such as Sound Waves South West can put even small sums to immediate good use. A legacy to SWSW, as a registered Charity, will mean a reduction in your Inheritance Tax, as the legacy would be exempt from tax and therefore cost effective to the estate and extremely effective to the Charity!

The Charity works with children, some of whom are pre-school age babies, with severe and profound learning disabilities and is providing Music Therapy in the Bude, Camelford, Launceston, Barnstaple and Bideford areas. We have requests from other nearby towns which we are currently unable to meet due to the cost of providing fully qualified State Registered Music Therapists. At any one time Sound Waves South West is helping well over 50 children in these areas but clearly the demand is increasing as the benefits are becoming more widely known.



Even a small legacy can make a big difference in a child's quality of life and can bring many positive effects on not only the child but also their family and siblings. So please consider a bequest to Sound Waves – a truly local charity helping local children to experience the pleasure of greater communication and health through music.

Friends of Sound Waves

Sound Waves South West was first formed in January 2000 and obtained Registered Charity Status (number 1089223) in December 2001.



There is a very real ongoing need for the provision of Music Therapy within this isolated area and we greatly welcome friends who can support this work with an annual membership subscription. Please contact the Chairman at 8 Ocean View Road, Bude, Cornwall EX23 8NW to see how you can help to make a positive difference.