



**NORDOFF & ROBBINS
MUSIC THERAPY**

Summer Music Therapy Sessions

Salford-based offer for local community groups

Are you running a summer programme?

Or looking for something new to experience this summer?

During the month of August, we are pleased to offer a limited number of specialist music therapy sessions, led by a registered Nordoff & Robbins music therapist. These engaging and inclusive 45-minute sessions will provide participants with a unique opportunity to explore creativity and expression, foster communication and group interaction, and support members in building self-confidence and increased connection through music.

Summer Group Offer:

- Each group session to support up to 8 individuals
- All instruments and necessary equipment provided
Working on-site in your organisation, or at a regular location known to your members
- **Cost: £90 per group session**, including a small-scale follow-up feedback evaluation report.

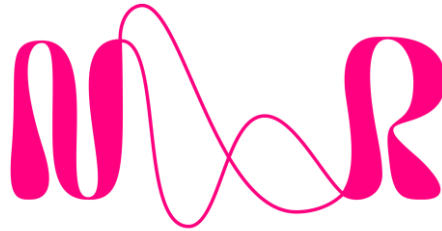
Additional one-to-one sessions available at £60 per session, including report and relevant onward recommendations from your music therapist.

Your involvement:

- We'll need a suitable space to work which is accessible and meets the needs of the participants.
- Our Salford project lead, Cat Stiles, will meet with you prior to any session to discuss any specific needs and requirements, completing a risk assessment.
- To ensure a safe and enjoyable experience, you'll need to arrange adequate staff support for the duration of any sessions.

We are taking bookings until 25th July 2025.

For more information and to ask any questions, please contact Cat Stiles at catherine.stiles@nordoff-robbins.org.uk



NORDOFF & ROBBINS MUSIC THERAPY

What is Music Therapy?

Music therapy is a regulated profession, utilising collaborative music-making to help people whose lives have been affected by illness, disability or injury through supporting their psychological, emotional, cognitive, physical, communicative and social needs. Many musical activities can improve someone's wellbeing, such as singing in a choir or listening to music. However, our music therapists, who are registered health professionals with the Health and Care Professions Council, set therapeutic goals, engage in regular clinical supervision and have continuous professional development to ensure high quality and to maximise benefits for their clients.

Nordoff and Robbins have a unique 'music-centred' approach to music therapy, where the music therapist's role is to develop the client's experience of collaborative participation, opening them up to the many rewards of music making.

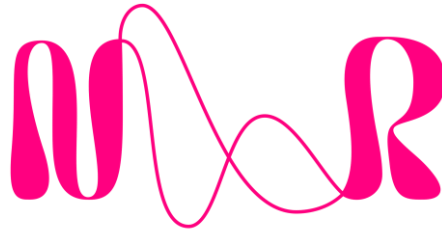
Who are Nordoff and Robbins Music Therapy?

We are the UK's largest independent music therapy charity, reaching across England, Scotland and Wales. With over 60 years of experience delivering music therapy sessions to some of the most vulnerable people in our society, our purpose is to break through any barriers created from illness, disability or life circumstance with the power of music, creating space for people to express themselves and find connection in society.

We have a threefold mission in the way we carry out our music therapy:

1. We deliver music therapy sessions all over the UK to change the lives of vulnerable children and adults through our open access centres, community partnerships, and within a variety of education, health and social care organisations.
2. We educate the next generation of music therapists through our Master of Music Therapy programme.
3. We conduct research into the impact of our work, including through our PhD programme.

At Nordoff and Robbins, our therapists work with a wide range of people—including those with autism or learning disabilities, those who have experienced trauma, homelessness or struggle with mental health difficulties, and those with neurological conditions or dementia—using music to engage people in ways that feel safe, motivating, and meaningful. By focusing on each individual's strengths and needs, music therapy supports outcomes such as improved mental and emotional wellbeing, reduction in anxiety, increased communication, motivation, focus, and experience of forming stronger social connections.



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Have you been considering an embedded music therapy provision in your organisation?

Contact us today to arrange a taster day or 4 months pilot for you to witness the transformative power of music directly benefitting the people you support. We also provide bespoke staff CDP training and workshops to support the wider therapeutic use of music in everyday contexts.

Please get in touch with us to find out more including costings and availability.

<https://www.nordoff-robbins.org.uk/partner-organisation/>