

Music in Mind: Music Therapy for people with dementia and their carers

Would you like to make music with others in a group?

If so, Manchester Camerata is offering you 10 sessions in a music therapy group, free of charge. Manchester Camerata is an orchestra and two of the orchestra's musicians will be helping with the group.

This will be a chance to make music, but you don't have to think of yourself as a musician to take part! It will also give you the opportunity to meet other people.

The sessions will last no more than one hour and may involve singing and playing simple instruments. What we do will depend on what you want to do on the day.



Dates: Wednesday 07 March until Wednesday 30 May (not on 28 Mar, 11 Apr, 23 May)

Times and venues:

10:30-11:30 at

Manchester Universities' Catholic Chaplaincy,
Oxford Road, M13 9PG

or

14:30-15:30 at

North Manchester Wellbeing Centre, 93 Church Lane,
Harpurhey, M9 5BG.

There will be coffee and tea available for an hour before both sessions.

People: John Habron, a state-registered music therapist, will run the session along with two musicians from the orchestra. Your carer will be with you in the session.

If you have any questions, please ask the person who gave you this sheet, email: johnhabron@hotmail.com or phone 07762 884621



Music therapy

is a psychological therapy which uses the unique qualities of music as a means of interaction between therapist and client. Attentive listening on the part of the therapist is combined with shared musical improvisation using instruments and voices so that people can communicate in their own musical language, whatever their level of ability.

Music therapists

can be found working within multi-disciplinary teams in hospitals, schools, day centres, hospices, care homes, therapy centres and prisons, and in private practice across the UK. Music therapy can help people of all ages with a range of needs, often related to disability, illness or injury.

High standards of practice

are assured through rigorous training at Masters level, regular clinical supervision, continuous professional development and regulation by the Health Professions Council. Research initiatives, peer reviewed publications and a highly respected journal ensure that music therapy in the UK is of a high quality, setting an international standard of excellence.

British Association for Music Therapy

is the national body representing music therapists and music therapy in the UK, following a merger between the previous public and professional bodies. Benefits of membership of the BAMT include a regular magazine, subscription to the British Journal of Music Therapy and opportunities to be involved in the work of this prestigious organisation.

Whether you are a music therapist, in training or simply interested in music therapy, we warmly invite you to join our membership.

To find out more, please visit our website at www.bamt.org where you can join online or phone us on the number below.