



## MUSIC THERAPY SERVICE @ the HOOK CENTRE

*A collaborative project between*

*Richmond Music Trust & Kingston Music Service*

### **New Opportunities to get involved:**

**We are looking for adults with learning disabilities interested in trying out music therapy. We have opportunities for 1:1 sessions or group sessions on Tuesdays, Thursdays or Fridays.**

*To find out more:*

Andreas Rosenboom (Head of Music Therapy)

Phone: 020 8744 8097 or Email: [andreasr@richmondmusictrust.org.uk](mailto:andreasr@richmondmusictrust.org.uk)

Website: [www.richmondmusictrust.org.uk/musictherapy](http://www.richmondmusictrust.org.uk/musictherapy)

**No previous musical experience is necessary.**

### **What is Music Therapy:**

Music Therapy is an **active form of therapy** and involves **creative music-making** on a wide range of instruments. **Communication** and **emotional empathy** is encouraged through the shared exploration of sounds, rhythms, melodies and harmonies. Taking part in Music Therapy is **fun** and helps **support positive development** and enables people to **reach their full potential**. It builds **confidence** and **encourages physical, emotional, mental and social wellbeing**.

## **Who can benefit:**

Our Music Therapists are skilled in **enabling anyone to make music** by supporting unique forms of **expression** and **unlocking creativity**. We work with the whole spectrum of ability. Therapists are experienced in reaching those who are isolated or withdrawn and finding interpersonal contact and communication difficult.

### **Music Therapy can be a helpful for people with:**

- Emotional issues, i.e. depression, anger issues,
- Challenging behaviour
- Difficulties with attention and concentration
- Sensory impairments
- Developmental conditions
- Down's syndrome
- Autistic Spectrum Conditions
- Learning Disabilities
- Neurological conditions
- Mental Health Problems
- Dementia

## **WHERE:**

The **Hook Centre** is a welcoming and vibrant community centre, based in **Chessington** (KT9 1EJ). It is easily reached and there is a library and a café as well as Kingston Music Trust's Music Therapy Studio with a wide range of musical instruments including percussion instruments, string and woodwind instruments, drum kit, guitars, piano. **Parking facilities available.**

