

What people have said about MUSIC FOR HEALTH groups:

'My favourite thing was talking with music.'

Community College Student

'The main thing I learned from the group was to take time out for myself and relax.'

Community Volunteer

'Music and children definitely work well together. It was a delight to see a group of young children making their own music.'

School Peer Mediation Co-ordinator

'I learned to speak out and be myself...I feel the group did a lot for me.'

Community Volunteer

'The Music for Health workshop was excellent. I will definitely be implementing the ideas about making music as a group in class.'

Primary School Teacher

'I enjoyed the atmosphere and the craic. I enjoyed the way we all tuned together.'

Community Volunteer

'I enjoyed getting to know more about musical instruments and feeling free to express your feelings to other members of the group.'

Community College Student

'I learned I have some rhythm after all!'

Primary School Teacher

'I learned about myself all the different things that I can do with music'

Primary School Student

'I thought [the workshop] was fabulous...I liked to experience making my own music with some unusual instruments.'

Community College Student

NOVA is a Barnardo's N. Ireland trauma support service. It began in 1998 and currently provides a range of supports for children, families and communities. There are three interrelated aspects to NOVA's work:

- **TRAUMA COUNSELLING** for children, families and adults. This service is provided on an outreach basis to people primarily living in counties Armagh, East Tyrone and South Down
- **TRAINING AND CAPACITY BUILDING** in trauma-related issues. This service is available regionally and across the community, voluntary and statutory sectors
- **INFLUENCING AND DISSEMINATION** through publications, conference presentations, and contributions to trauma-related policy and practice

All NOVA practitioners are social workers registered with the Northern Ireland Social Care Council. Some are also qualified counselling psychologists, while others are accredited psychotherapists. In addition, all staff have specialist training in treating trauma in line with current clinical guidelines. As a Barnardo's service, NOVA is committed to ongoing evaluation of all its services.

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music for
health

Beating the rhythms of stress
through sound



Why Music?

Since time began people have used music and sound to express their responses to life - lullabies, fanfares and laments. Every human being begins life communicating through sounds before learning words. So - whether we can play an instrument or not - we all know something about how music and sound communicate. Listening and responding to music is an ability we all have.

What is a MUSIC FOR HEALTH group?

MUSIC FOR HEALTH groups offer a safe environment for exploring how sounds can sometimes say more than words. They offer an opportunity to be heard and understood. They are about lowering stress and anxiety and raising self-esteem. They focus on making a creative response to stressful life experiences.

What happens in a MUSIC FOR HEALTH group?

MUSIC FOR HEALTH groups are about active music-making with no right or wrong notes.

People under stress often feel stuck, isolated from the wider rhythms of life. They can get locked into a stress rhythm. In **MUSIC FOR HEALTH** groups percussion instruments from around the world invite participants to create and discover new rhythms together. Beating out a new rhythm can help challenge the negative pattern of a stress rhythm. As well as music, words are used to reflect on the personal meaning of the sounds and to find links with everyday life.

Who are MUSIC FOR HEALTH groups for?

MUSIC FOR HEALTH groups are open to anyone interested in exploring creative ways of communicating with others. There are three different ways of using Music for Health:

- **STAFF TRAINING** Within a safe and supported environment, practitioners develop a wide range of skills for using music therapeutically with children, young people and adults.
- **STAFF SUPPORT & DEVELOPMENT** Music for Health can be a really useful way of developing communication and relationships within a staff team. Staff report

that Music for Health groups are both relaxing and energising and increase the positive outlook within a team.

- **DIRECT THERAPEUTIC SUPPORT** Music for Health groups can be used as a direct therapeutic service for children and adults. They can take a general focus (e.g. 'coping with stress'), or can respond to a particular concern (e.g. the impact of bereavement).

NO previous experience or training in music is necessary to participate in a Music for Health group.

Who facilitates MUSIC FOR HEALTH groups?

The groups will be facilitated by David Stewart. Dave has a qualification in music therapy and is a Senior Practitioner with NOVA. For further information or to arrange a 'taster' session contact Dave at the NOVA office on (028) 3833 5173.