

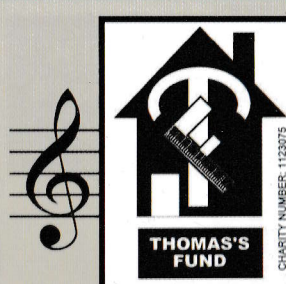


## What is Music Therapy?

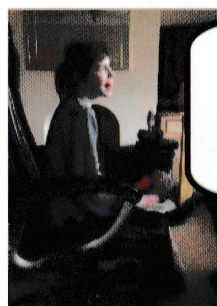
Music therapists use music as a medium in which to work therapeutically with an individual, pair, group or family within clinical boundaries.

Music therapists work predominately with live, improvised music (using instruments, the voice or technology) and are therefore able to work with issues as they arise in a session. Individuals are supported in working towards non-musical aims such as a development in self-expression, communication or social awareness and interaction.

Therapists are highly trained musicians, registered with the Health Professions Council.



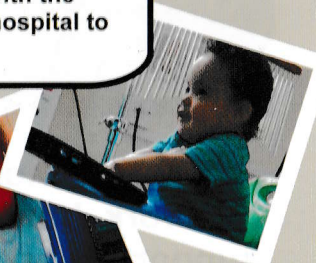
Providing a unique music therapy service for children and young people with life-limiting conditions and/or disabilities that lead to long periods of absence from school or an Early Years setting.



'It has been the one consistent thing for her throughout this year ....absolutely amazing!'



'He was able to escape the monotonous routine of ward life during these sessions. It also helped with the transition from hospital to home.'



[www.thomassfund.org.uk](http://www.thomassfund.org.uk)

email: [thomas@nsg.northants.sch.uk](mailto:thomas@nsg.northants.sch.uk)  
tel: 01933 622497



Providing a unique music therapy service for children and young people with life-limiting or life-threatening conditions and/or disabilities that lead to long periods of absence from school or an Early Years setting.



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## What is Thomas's Fund?

Thomas's Fund is a registered charity run by a management committee which includes music therapists, education specialists, parents and healthcare professionals. It is supported by Northampton School for Girls.

The fund was set up to provide music therapy in Northamptonshire for children with life limiting (thereby being unlikely to reach adulthood) or life threatening illnesses or a disability who, for medical reasons, are too ill to attend school or an Early Years setting for extended periods. Thomas's Fund provides music therapy in the home setting, enabling children/young people to access a creative outlet for physical and emotional self-expression, communication and social interaction. Pre-school children will be assessed on an individual basis.

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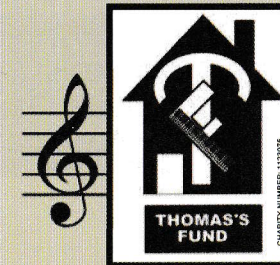


## What is Thomas's Fund?



To find out more about our work, how you can support us or how you can make a referral, go to our website; email; telephone; or contact us on the address below.

Northampton School for Girls  
Spinney Hill Road  
Northampton  
NN3 6DG



## The Sessions

Music therapy sessions last between 30 and 45 minutes depending on the individual's needs. They take place in the home where possible.

The therapist will require a consistent space to work in each session with as few distractions as possible.

The therapist works for a maximum of ten sessions following the initial period of assessment. Sessions are then re-evaluated. Any endings in therapy will be prepared for and worked towards by the therapist.



by kind permission of Wendy Grant Photographer

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