

# MUSIC

**Name of Speaker:** ALISON HORNBLOWER  
**Company (representative of):** Nordoff Robbins  
**Website:** [www.nordoff-robbins.org.uk](http://www.nordoff-robbins.org.uk)



## The Business/Company:

Nordoff Robbins is the largest independent music therapy charity in the UK, dedicated to changing the lives of vulnerable and isolated people.

We support thousands of people through our own centres and by working in over 150 partnerships with a wide range of organisations including care homes, schools and hospitals.

Music therapy is a specialist use of music that aims to facilitate physical and emotional wellbeing, and to promote the development and retention of key communication skills. A wide range of instruments can be used in music therapy, including the voice, and the music created is often improvised. Music therapists support people to develop their own ways of being musical in order to explore their potential and connect with the world around them.

In the hands of a trained practitioner, music therapy can be used to support people living with a wide range of needs. It can help a child with autism to communicate, unlock forgotten memories for those living with dementia or provide comfort and celebrate the life of someone facing a terminal illness.

## Alison's presentation will concentrate on:

A Brief Introduction to Nordoff Robbins Music Therapy: the approach, the training and the charity.

Everyone responds to music: it can stimulate us to move, evoke powerful emotions or memories and accompanies us in many parts of our daily life. Most of us do not need help in accessing the opportunities that music offers for socialising, communication, expression or just plain joy. Music therapy, therefore, is the specialist use of music that aims to facilitate physical and emotional wellbeing, and to promote the development and retention of key communication skills. This talk will focus on Nordoff Robbins, the largest independent music therapy charity in the UK, giving insight into the Nordoff Robbins approach (illustrated by case examples) as well as information about our two-year master's training programme, music therapy as a career and the charity as a whole.

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