

## **Nordoff Robbins Music Therapy**

For the last 5 years, music therapist David Robinson from Nordoff Robbins has spent a day per week working with some of our children. Nordoff Robbins is the UK's largest independent music therapy charity, and the charity has recently celebrated its 40th birthday.

Music therapy is a specialist use of music that aims to facilitate physical, emotional and spiritual wellbeing, and to promote the development and retention of key communication skills. A wide range of instruments can be used including the voice, and the music created is often improvised. Some sessions happen on a one-to-one basis, others in small or large groups.

If you want to find out more about music therapy, you can take a look at the Nordoff Robbins website <https://www.nordoff-robbins.org.uk> or contact David through the school office.