

## Music Therapists

Pemma Spencer Chapman trained at the Nordoff-Robbins Music Therapy Centre in London. She specialises in working with people living with dementia and manages the music therapy service for Guideposts.



Kate Rowson trained at the Guildhall School of Music. She is experienced in dementia work but also works with children who have emotional problems and learning disabilities.



Sarah Verney Caird trained at Nordoff-Robbins Music Therapy Centre. She has long experience working with self-referred adults. Sarah runs our groups for carers; also our group in collaboration with Crossroads.



Sharon Warnes trained at Anglia Ruskin University in Cambridge. She takes individual and group sessions in Henley. Sharon also works with adults with acquired head injury for Headway.



## Guideposts Trust

Registered Charity No. 709553

Guideposts Trust, based in Witney, exists to provide direct services in the community for people with or recovering from mental health issues, for people with Alzheimers or other forms of dementia, for people with a learning disability and for children with special needs.

Guideposts raised money to fund a music therapy pilot service for people living with dementia in 2006. The excellent results of the pilot study has led to the continuation and ongoing development of the service.

After two free assessment sessions people pay for their music therapy at a level that they can afford, subsidised by Guideposts. The music therapists themselves sometimes put on fund raising concerts.

All donations for the service very much appreciated. Guideposts Trust, Two Rivers, Station Lane, Witney, Oxon OX28 4BH

Phone 01993 772886

Enquiries about music therapy sessions, phone Pemma on 01865 202239 or 07981 533 002  
Email: [pemma.sc@gmail.com](mailto:pemma.sc@gmail.com)

Websites which may be of interest:

[www.dementiawebboxfordshire.org.uk](http://www.dementiawebboxfordshire.org.uk)  
[www.apmt.org](http://www.apmt.org) (music therapy association)  
[www.hpc-uk.org](http://www.hpc-uk.org)



# Guideposts Trust Music Therapy Service for people living with dementia 2011



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Music therapists are Allied Health Professionals regulated by the Health Professions Council

## One to One Sessions

Sessions are offered weekly in a specially equipped music therapy room. Locations in Oxford, Henley and Chipping Norton.

### Can they be held at home?

If a client can no longer be brought to Oxford, Henley or Chipping Norton we can often arrange for the music therapist to visit them at home or in a care home or hospital. Music therapy supports people at all stages of their illness.

### What happens in a session?

Different individual needs and strengths, personalities and life stories make for different sessions. e.g. one person may be drawn to play a range of tuned and untuned percussion



instruments whilst another may find support through singing.

### Who makes referrals?

Relatives can make referrals although they usually result from discussion between relatives and a health professional or support worker.

## Group Sessions

These are usually run in association with other charities which support people with dementia or the NHS. We run small groups in Day Centres and Residential Homes, for example. We can also offer groups at our new base in Jeune Street, Oxford.



### The Crossroads Group

We have an ongoing collaboration with the charity, Crossroads, running a special group for people with dementia *together with a relative or paid carer*. Held in the Conservative Club in James St., off Cowley Rd. this popular, flexible group is now in its third year.

### Relatives Groups

We offer special short series of group sessions just for relatives. So far these have been for relatives of people living in care homes.

### Want to know more? Ask about:

- Workshops or presentations to inform about music therapy
- One-off group sessions.

## What is Music Therapy?

Music therapy is a creative intervention using the medium of music to address a person's psychological needs and promote health and well being. Music therapists are trained to draw another person into shared music making with therapeutic aims.

Human beings are inherently musical. Music is in effect part of the hard wiring of the brain which is rarely affected by illnesses that compromise cognitive skills. Music continues to make sense to people with dementia and can enliven as well as calm, offering meaningful activity and deep support.



In summary, music therapy helps people with dementia to:

- Feel enlivened through playing or singing
- Express and explore feelings
- Experience a sense of order and coherence
- Tap into hidden potential
- Build a supportive relationship not dependent on words
- Strengthen their sense of identity.