



Chiltern Music Therapy Annual Report 2024-2025

Introduction

Each year, we take time to reflect on what we've achieved and learned over the past financial year - not just in terms of profit and loss, but more importantly, the impact of our work: the difference we've made for our clients, how we function as an organisation, and how our profession as Music Therapists continues to evolve.

At the heart of everything we do are our clients, their families and carers, and the professionals who support them. The ongoing rise in the cost of living continues to place financial strain on individuals, families, and organisations alike. Despite this, we remain committed to our mission: to make music therapy a transformative thread in everyday life, as we see first-hand the profound difference it makes.

Our core values remain unchanged: Care, Dare, Deepen, Listen, and Share. Every interaction is important to us, an opportunity for change, collaboration, and growth. Chiltern continues to develop year on year, meeting new challenges and embracing new opportunities.

We're proud to share the story of the past year with you, and we hope you enjoy reading it.

We also hope you'll continue to journey with us through 2025/26 and beyond!

Our Year in Numbers

Total Hours of Service:
15,813

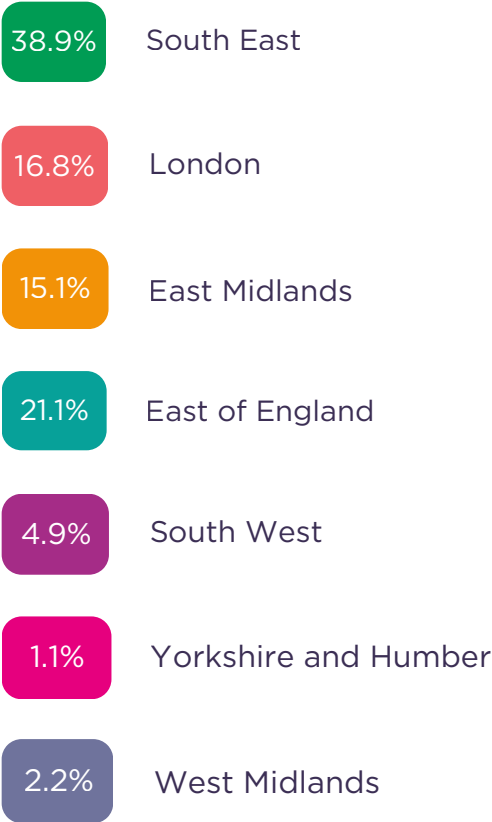
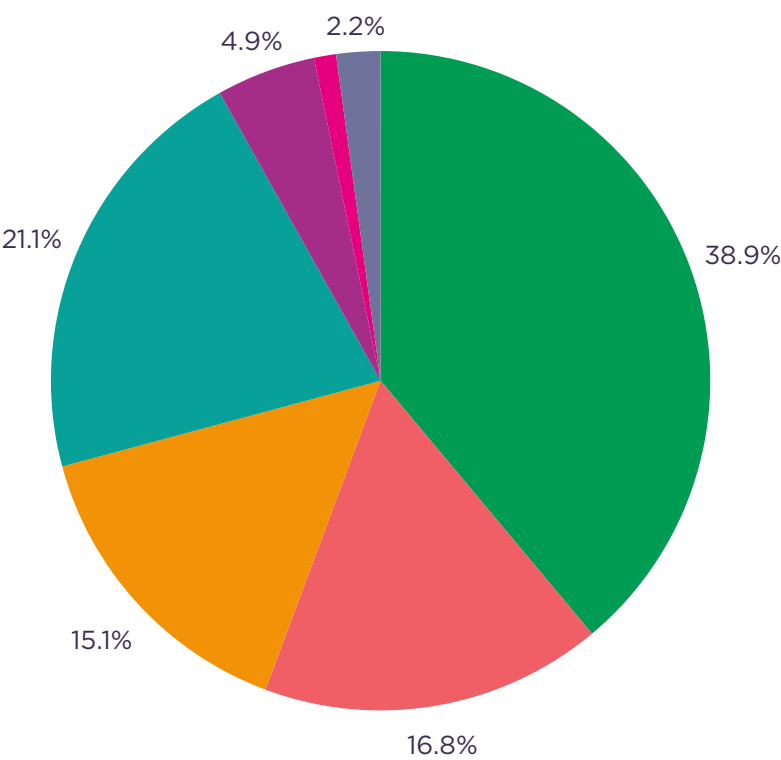
Total Sessions Delivered:
6,845

Total Clients Seen:
1,466

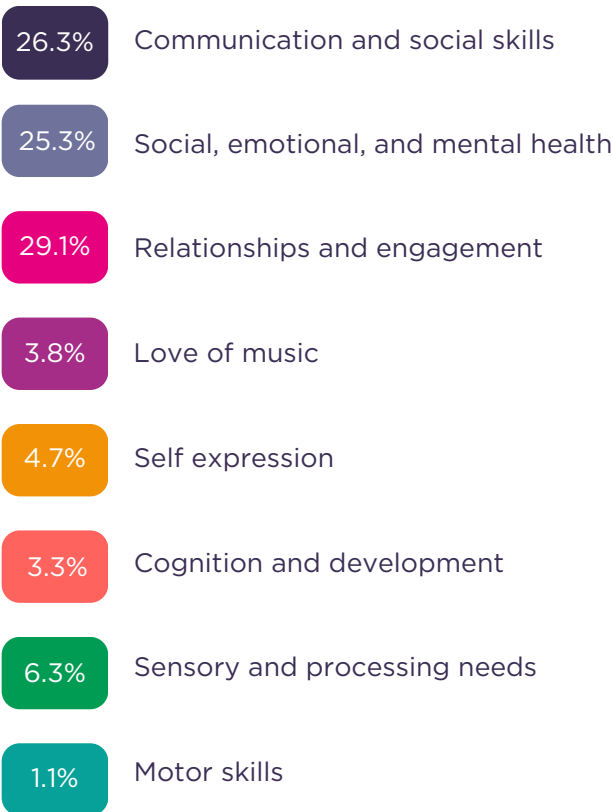
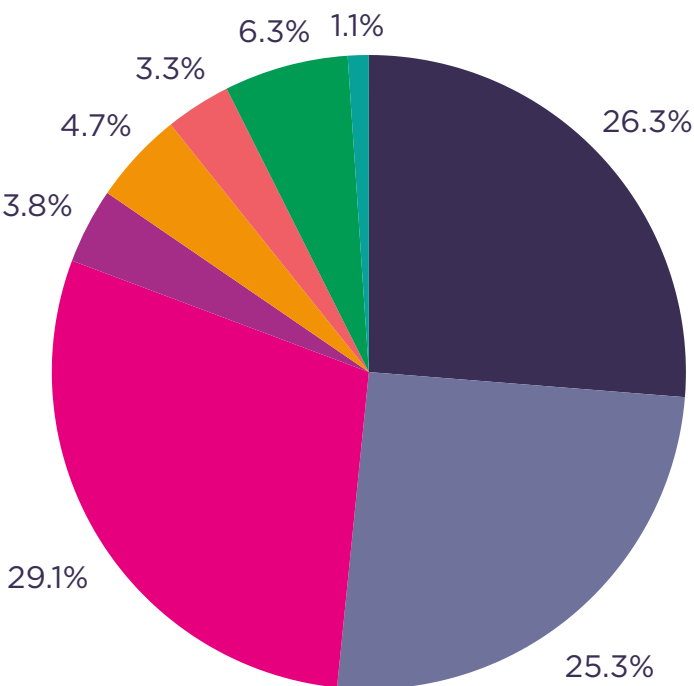
Oldest Client:
100 years

Youngest Client:
30 weeks

Regions Covered



Reasons for Referral



Our Organisation Strategy

At Chiltern Music Therapy we strive for a caring world where music therapy is the transformative thread in everyday life. Together we harness the power of music, inspire through human story and fascinate through science to light up a network of champions.

Our strategy is focused on four key areas:

Sustainability

This encompasses financial resilience, environmental responsibility, and promoting a healthy work-life balance for our team. Our priorities include strengthening financial sustainability and minimising our environmental footprint.

Growth

Here we aim to diversify income streams, enhance operational efficiency, and position Chiltern as an employer of choice within the sector.

How We Work

This area centres on embedding Chiltern's core values into our organisational culture and improving systems and processes to empower our employees.

Staff Retention

We recognise that retaining a skilled and motivated team relies on investing in wellbeing, professional development, meaningful engagement, and fair remuneration.

The Chiltern Board

As an Employee Owned organisation, Chiltern has a Board of Directors who seek to guide the organisation and its members. The Board of Directors is four years old in its current structure, with three internal Directors and four Non-Executive Directors who bring with them a wealth of knowledge and experience across a range of industry sectors.

The Board is a supportive entity who guide and advise on key areas of business development, strategy, finance, organisational development, staff welfare and legality. Perhaps differently from other boards of Directors, the Board is there to safeguard the organisation and be a legal buck-stop. The day to day running of the organisation, decision making and company strategy are held by the operational team (circles). The Board connects directly to the Membership Council and the Anchor Circle to create a holistic circle of care around the organisation.

Inclusion

Embedding Sustainable and Responsible Governance

Following last year's development of key frameworks, including Third Party Risk, Equality Impact Assessment (EqIA), and Stakeholder Engagement, these policies have been officially implemented and are now fully operational across the organisation. These new policies and procedures mark a significant step forward in embedding our commitment to sustainability, responsibility, and accountability into our core governance processes.



Revisiting Our EDI Training Through Lived Experience and Collaboration

This year, we recognised the importance of ensuring our Equity, Diversity, and Inclusion (EDI) staff training remains relevant, reflective, and impactful. Our Inclusion Lead partnered with a member of the Insights Group to re-write and refresh the content, ensuring it reflects current social contexts and includes lived experience at its core.

This collaboration was grounded in the belief that meaningful EDI work must be informed by lived experience. By involving individuals who have first-hand knowledge of the barriers and inequalities faced within our communities, we ensured the training addressed both policy and the real-world impact of exclusion and bias. It offers staff a more empathetic, inclusive, and practical perspective on EDI, supporting our commitment to an inclusive culture where listening, learning, and evolving together is central to how we work.

Chiltern Insights Group

Evolving with Insight: A Continued Commitment

The Chiltern Insights Group continues to play a vital role in shaping the direction of our organisation, providing valuable perspectives that have directly informed our decision-making and strengthened our commitment to inclusive, user-led practice. The group's influence is evident in the ongoing changes we have made to our policies, procedures, and organisational culture.

Chiltern is proud to see the group's impact extending beyond our organisation, following our collaborative presentation at the British Association for Music Therapy Conference in May 2024.

“ I feel seen... I feel heard... My voice is making a difference: Exploring and developing Service User involvement beyond the music therapy room. ”

The Insights Group collaborated with us to present on Systemic Service User Involvement. The presentation shared the journey of developing the group, with practical examples of its implementation, its wider impact on Chiltern, and reflections from group members. Presenters also explored the benefits and challenges of moving towards a user-led organisation, and offered recommendations for others in the sector.

Feedback was overwhelmingly positive, with delegates saying they were inspired to introduce similar approaches in their own organisations. Group members described the experience as empowering and hope to continue sharing their voices at future events, amplifying lived experience across the healthcare sector.

Environmental Report

Chiltern’s carbon footprint reduced from 39.14 to 28.94 tCO2e between 2022/23 and 2024/25, a decrease of 26%. This change has mainly come about from a large reduction in staff petrol car emissions, no flights being used, and no longer having a permanent office.

Our main area of impact continues to be staff travel, with staff-owned vehicle emissions amounting to 96.9% of our total carbon footprint, and a further 2.3% coming from the use of public transport. This marks a slight shift towards public transport use compared to previous years. Comparing this year’s figures to our baseline, overall staff travel related emissions have dropped from 38.39 to 28.7 tCO2e, a reduction of 25%. This is due to staff travel reducing by over 17,000 miles, which has contributed to a reduction in average mileage per session of 5%.

The following further actions have been implemented over the past 12 months:

- Reducing our carbon footprint is now embedded in the organisation’s strategy documents, with a stated aim of reducing our carbon footprint per session by 5% each year.
- Since February 2025 staff have been able to claim expenses for using their bicycle for work travel, at the same rate as people who use their car, and from the first mile. We are also now able to capture bicycle mileage data, which will be included for the first time in next year’s report.
- We continue to offer sets of second hand instruments for staff to leave at their clinical settings, if it enables them to use public transport or active travel rather than their own vehicle.
- Our latest Environmental Policy includes a section on food, with a commitment to provide ethical, low carbon footprint food where possible when catering for meetings and events. Staff are encouraged to go meat-free when providing their own food, although is still a personal choice.

Using the metric of carbon footprint per session, we can see that the measures and efforts put in place have been effective in reducing our impact on the environment, going beyond our stated aim of a 5% annual decrease:

	2022/23	2023/24	2024/25
Total tCO2e	39.14	32.29	28.94
No. of sessions	7624	7405	7001
kg CO2e per session	5.13	4.36	4.13
Annual change		-15%	-5.28%

Fundraising

Fundraising remains vital to Chiltern, enabling us to provide music therapy and community music support to those who might otherwise miss out.

This year, our fundraising efforts have included grant applications, community events, donations, and partnerships, which have not only raised essential funds but also increased awareness of the power of music therapy.

From April 2024 to March 2025, despite intense competition, we were successful in securing grants from:

★ **Children in Need**

Funding a new music therapy service within the NICU at Whittington Hospital.

★ **Leicestershire and Rutland Community Foundation**

Supporting our dementia singing group in Measham.

★ **The Clare Foundation's Angel's Den Fund**

Funding our Safe in Sound pilot project.

★ **Heart of Bucks General Fund**

Enabling the continuation of our Safe in Sound group following its pilot

★ **Shanly Foundation**

Supporting the extension of services at a children's hospice in Oxford.

★ **Quartet Foundation**

Sustaining our Sing to Beat Parkinson's group.

★ **Music for All (Power of Music Fund)**

Supporting our dementia singing group in Measham.

★ **Rothschild Foundation**

Ongoing development of our Chesham hub as part of a three-year grant.

★ **Thrive Together Fund (Social Investment Business)**

Supporting our digital expansion project, enabling us to explore new ways of delivering music therapy and training online. More on this exciting development will follow in Autumn 2025.

★ **Vivensa Foundation (previously The Dunhill Medical Trust)**

Over the past 2 years we have been fortunate to be part of the first cohort of Community Interest Companies and Charities to receive access to expert workshops focussing on Research, Impact, Sustainability and Efficiency (RISE). We were also grateful to receive a grant from them which is helping us measure the impact of our work.

A special mention goes to the Hollyhock Foundation, whose support has been transformative. Their grant enabled us to trial a brand-new Practitioner Support role within our Services Team, offering direct guidance to therapists on challenges outside formal supervision and strengthening our organisational quality assurance. Hollyhock also supported the launch of a new South London hub, providing both individual and group sessions, including a thriving Jamming Group for people living with mental health conditions, with expansion already planned.

In addition, their funding has contributed to our Bursary Fund, ensuring that clients facing financial hardship can still access music therapy. This partnership is helping us innovate, grow, and sustain our services for the future.



We are deeply grateful for the support of charities and partner organisations, including the Douglas McMinn Centre, which has supported our services for older adults in Chesham, and Parkinson's UK Bath District, which has covered the venue hire for our Sing to Beat Parkinson's group in Bath.

Community fundraising also played an important role. In December 2024, team members brought festive cheer to Tesco Amersham through live music-making, raising around £1,000 in donations.

We also extend our thanks to the many choirs, schools, and community groups who raised funds for our work this year, including: Choir on the Green, Chess Valley Male Voice Choir, South Bucks Choral Society, Chess Valley U3A Singing for Pleasure, Kingshill Clarinet Choir, The Audley Foundation, Badgers Club, Chesham, Amersham and District Mencap, Clarity Clarinets, Chesham Preparatory School, Glee Club Leighton Buzzard, St Leonards Parish Hall, Chesham Grammar School, St Dominic's School, and Our Lady of Lourdes Church, Harpenden.

Finally, we acknowledge the generous support of our individual donors. Their ongoing contributions are vital in ensuring more people can access the life-changing benefits of music therapy.

Areas of Care and Their Impact

Acute Care

The goal of our acute care programme is to provide immediate support to clients during critical times of need, usually within hospital settings.

Neonatal Intensive Care Unit (NICU) music therapy service

One of our key Acute Care services in 2024/2025 is our Neonatal Intensive Care Unit (NICU) music therapy service at Whittington Hospital, funded by BBC Children in Need.

Led by Music Therapist Amanda Dickson, the service supports premature babies, parents and staff through live, personalised music-making to promote bonding, reduce stress and support development.

Amanda works closely with families on the neonatal wards, helping babies to settle and sleep, supporting feeding, and reducing parental anxiety. Sessions often include gentle singing, lullaby writing, or quiet humming accompanied by ukulele. Each session is tailored to the baby's needs and the family's culture and language, creating shared moments of reflection and bonding.

Amanda says, "It is such a privilege to work in the NICU with families who are receiving extra medical support for their premature babies. Sometimes consultants ask me to spend time with mums who may be struggling emotionally or where the baby would benefit from some musical input to encourage bonding. I've met some truly inspirational families and I'm glad to be a positive part of their NICU journey."

126 sessions delivered across neonatal wards

76 infants and families supported

"Such a welcome antidote to all the stress and noise of the NICU."

Parent

Staff Feedback

100% of staff agree that NICU Music Therapy can:

- reduce parental anxiety.
- support infant regulation whilst in the NICU or SCBU.

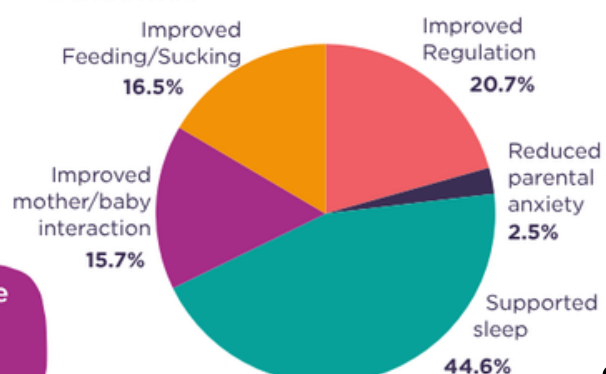
"It was the first nice experience as a family me and my husband shared with our girls since they have been born and in hospital."

Parent

"I think it is a valuable resource for babies and parents alike. It is known to be beneficial for babies' neurodevelopmental progress and outcomes. I strongly support music therapy for our babies"

Consultant Neonatologist on the ward

Outcomes



Baby L

Baby L was born at 26 weeks and 6 days gestation. By the time music therapy was introduced, he was 72 days old, with a corrected gestational age of 36 weeks. Both parents were present for the first session in the High Dependency Unit and were clearly enthusiastic about incorporating music into their care. Dad, a guitarist, had already bought a small guitar especially for Baby L and had played to him in the womb throughout the pregnancy. Although Mum needed to express milk, she chose to stay for the beginning of the session to be part of this new experience.

Later that same day, the Therapist returned at a quieter moment and gently introduced music using soft humming and simple ukulele sounds. Dad joined in, and together they began to shape a lullaby to the familiar melody of Twinkle Twinkle Little Star. During the session, Dad described music as “healing,” underscoring how meaningful this process was to him.

The following week, during their second session, Dad returned having worked on the lullaby over the course of the week. He brought completed lyrics, and while Mum held Baby L skin-to-skin, Dad and the Therapist sang the lullaby together. Baby L remained calm and engaged throughout the session. It was a touching moment for the family, and both parents expressed happiness with the finished song. Dad even spoke about continuing to develop it in the future.

The third session took place with Dad alone, while Mum was in the parent room expressing milk. Dad sang the completed lullaby to Baby L and shared his plans to write another song, this time based on You Are My Sunshine, which he said was Mum’s favourite.

By the fourth session, the family was rooming in on SCBU in preparation for discharge.

Although there was no music-making that day, the Therapist had a brief but meaningful final conversation with the parents. They spoke about continuing to use soft, gentle music to create a calming atmosphere for Baby L and how to notice signs that might suggest overstimulation. The connection between music and care was firmly established, with Dad bringing his guitar into the parent room and showing a clear commitment to supporting his son’s development through music beyond their time in hospital.



Complex Rehab Unit

Alice, our Neurologic Music Therapist, works one day a week in the complex rehab unit at Chapel Allerton Hospital in Leeds. Here she describes how she has worked jointly with the Speech and Language Therapist to support one young woman after a traumatic brain injury.

“ Hillary (name changed) is a 34 year old woman. Previously fit and well, she had given birth 11 weeks earlier when she suddenly suffered an aneurysm. Her family was initially told that there was little chance of her surviving.

I met Hillary at Chapel Allerton Hospital 5 months after this traumatic event. By this point, Hillary was living at home again with her husband, baby (now 7 months old) and their dog. Understandably Hillary was highly distressed and agitated, and she was finding it challenging to engage in some rehabilitation therapies. She had severe Apraxia of speech with very little output other than some perseverative phrases. Her communication and understanding was unclear, with inconsistent yes/no responses.

Working closely in conjunction with Hillary's Speech and Language Therapist (SLT), I initially worked with Hillary to support her automatic speech using the NMT™ technique MUSTIM (Music Speech Stimulation). Using familiar and personal songs helped Hillary to find her 'voice' again and showed that speech was possible for her. Using nursery rhymes also helped support her communication with her baby. Through this positive interaction, they were then able to focus together on more specific words, speech patterns and communication goals.

Hillary was also poorly motivated to engage with some exercises that were designed to support her, to improve motor functions such as her ability to swallow. Known as Chin Tuck Against Resistance (CTAR), these exercises can seem monotonous and tiring. But through identifying songs at an appropriate tempo and with motivating relevant lyrics (e.g. Keep Your Head Up by Birdie), I was able to find a way to make these exercises more motivating. This has resulted in Hillary engaging in CTAR exercises more regularly within her sessions and even now with her family - even without the music!

Through using carefully crafted NMT™ techniques, the music has provided Hillary with motivation, better engagement and a sense of wellbeing - especially when struggling with low mood. She is gaining positive feedback from hearing herself speak and is speaking for longer. The music is also something that she can share with her family outside of the sessions. Hillary is also using more of the targeted words in a spontaneous way, as well as initiating singing independently at times. ”

Development and Rehabilitative Care

Our Development and Rehabilitative programme of care focuses on supporting people to maximise their potential, or to support a client's rehabilitation and recovery after experiencing trauma or injury. This typically involves short to medium term support.

A broad range of services falls within this programme of care, including our services within schools, neuro-rehabilitation units and our community music therapy clinic in Chesham.

Whilst many are ongoing longer term services, others may be short-term such as a project run by two of our Music Therapists focused on supporting grieving young people.

Supporting Grieving Young People

One in every 29 children - the equivalent of one in every class - will be bereaved of a parent. This statistic, albeit eye-opening, does not even include bereavement of any other significant individuals in a child's life. Regardless of this frequency, most teachers will not receive any extra training or learning opportunities when it comes to supporting grieving young people. Short term projects such as this one can be vital in bridging this gap.

Gabrielle and Kasia worked with a year 10 class in a special needs secondary school who had suddenly lost a beloved class member and a longstanding member of the school staff. This work was done over two sessions, spaced a few weeks apart, to allow time for the participants to continue to process their emotions.

[Click here to read the full story.](#)

British Home

British Home is a therapeutic community in South London for individuals living with neuro-disabilities. Each resident has faced the challenges of neuro-disability, whether due to an accident, stroke, trauma or a degenerative condition. Chiltern has been providing a Neurologic Music Therapy® service one day a week working as part of the Multi-Disciplinary Team to support patients in reaching their goals.

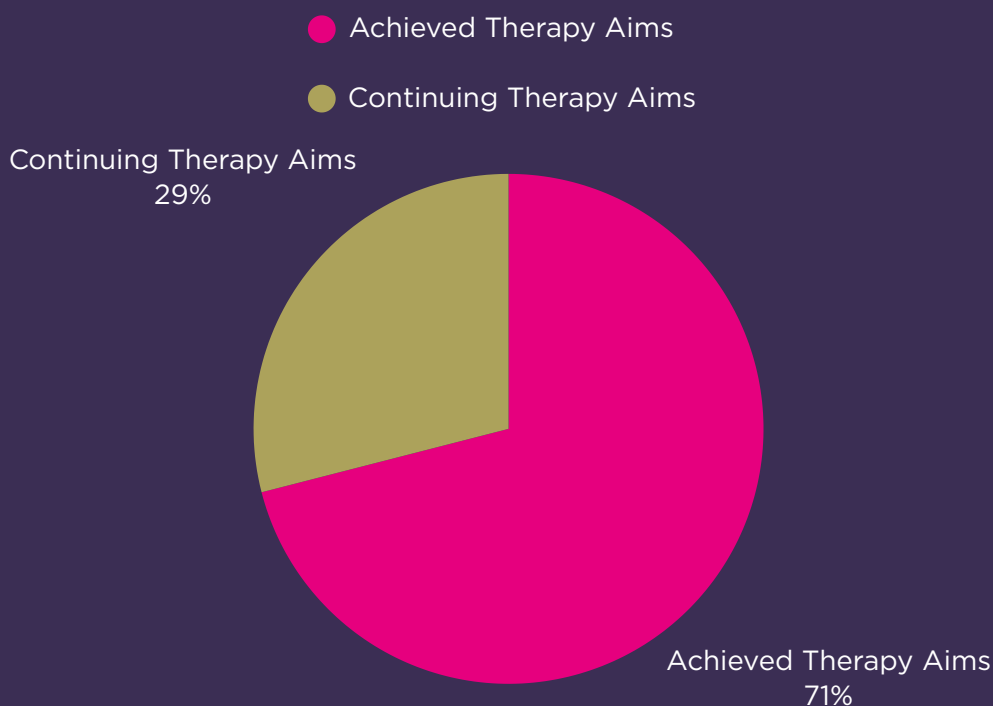
[See the infographic detailing the report's findings and results here.](#)

Music Therapy in a Specialist School Setting

Our Music Therapist Gareth visits a school in the home counties for two days each week. The school is a community special academy for children and young people up to the age of 18 with complex special educational needs and disabilities. Gareth provides individual and group music therapy sessions, as well as running the school choir and supporting staff.

In order to monitor progress within the sessions the Music Therapy Star was completed by the Music Therapist for each student. The star data were completed at the start of their therapy, during therapy (for those receiving longer term support) and again in April 2025.

The below pie chart shows the number of students who achieved their therapeutic goals:



The average Outcomes Star reading for the students shows an improvement in all areas. More detail about the outcomes can be found in the report [here](#).

“ It provides a huge boost to our children’s self-confidence and belief, along with improved interpersonal and cooperative skills, better communication, and - via the medium of music - a wider enjoyment of ‘learning through doing’, alongside others. As delivered at this school, it is of a very high standard, and greatly valued by school staff, management, and by the children and their families. ”

– SENCO at the school

How Gareth's music therapy group helps young people with autism connect and grow.

Every week, three young people on the autism spectrum come together to make music. For them, this isn't about learning tunes - it's about finding connection, confidence, and calm.

The group, led by Music Therapist Gareth, has been running for several years. One young person has attended for four years, another for two and a half, and the newest member for one. The group is open and ongoing, meaning new members can join when there's space, keeping it both steady and welcoming.

“Music gives them a way to express what words can't. It's about being heard, not just listened to.”

- Gareth

Each session follows a familiar rhythm: free play, structured music-making, and voice work. In the beginning, everyone explored all the instruments, discovering sounds and textures that matched how they felt inside. Over time, each has found a few favourite instruments and their own way of expressing emotion and managing their sensory needs.

As the weeks went on, the music began to take on new meaning. The group started to listen more closely to one another - to match rhythms, share space, and notice how their sounds might impact someone else. These musical conversations built empathy and trust without needing words.

To help the group explore emotions more deeply, Gareth introduced puppets and storytelling. Together, they created songs and stories inspired by postcards or themes from their check-ins. The puppets became stand-ins for tricky feelings - safe, creative ways to work through them together.

Structured activities like leader-and-follower games or creating songs in GarageBand helped the group practise turn-taking, teamwork, and patience - skills that reach far beyond the music room. Not everyone felt comfortable singing, but everyone found a voice in their own way: through a rhythm, a melody, or even a favourite song shared with the group.

“It's not about performance. It's about connection - to self, to sound, and to others.”

- Gareth

In this small circle of sound, music becomes a bridge. Week by week, these young people are learning to understand themselves, build relationships, and feel part of something bigger, together.

Raising Awareness of How Music Therapy Can Support Children with Severe/Complex Neurological Conditions

Between January and April 2025, we ran a communications campaign highlighting our work with children who have severe or complex neurological conditions.

The campaign focused on sharing our knowledge and experience with case managers and the general public, emphasising the importance of early intervention in supporting children through Neurologic Music Therapy®.

As part of the campaign, we facilitated an interview between our Neuro Services Lead and a Case Manager.

Watch clips from their discussion on LinkedIn below:

Discussion Clip 1



Discussion Clip 2



Continuing Care

The Continuing Care programme offers support to help people maintain their therapy goals over the medium and long term. A broad range of services and projects fall within this care programme, including our community Sing to Beat Parkinson's Group and our work within care homes.

Nether Hall Care Home

At Nether Hall, our therapist Becky delivered 48 group sessions and 110 one-to-one sessions between July 2024 and July 2025, reaching 52 residents. The sessions supported memory, communication and social connection through familiar songs, lyric writing, percussion and movement.



One staff member described the sessions as offering “fun and laughter, physical activity, calm and relaxation, and a visit from a friend.”

For residents who were unable to join group activities, individual sessions provided comfort and meaningful interaction, from gentle musical responses in the final days of life to rediscovering joy through singing and percussion.

[Read the full report here.](#)

Safe in Sound

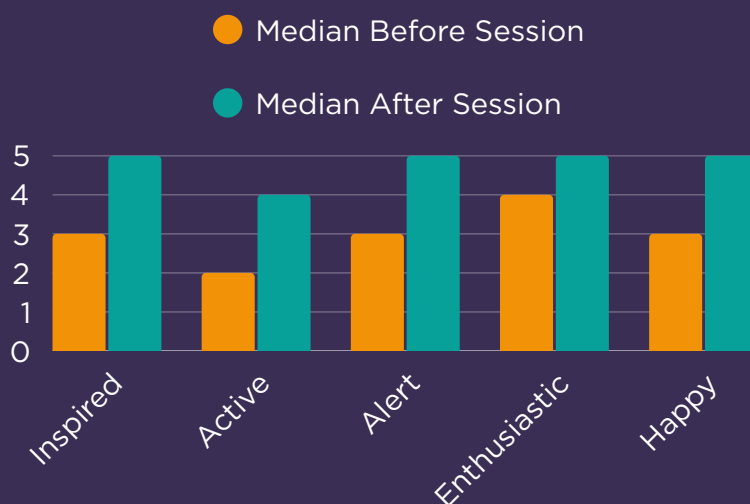
Music therapy continues to make a lasting difference across our Continuing Care settings, helping people in care homes and community groups stay connected through music. Building on this impact, our Safe in Sound project brought together people living with dementia and their carers for weekly music therapy sessions at the White Hill Centre in Chesham. Led by Music Therapist Gareth along with musicians from the English Sinfonia, the sessions offered a safe and uplifting space to connect through live music-making, singing and improvisation.

The pilot project was funded by The Clare Foundation (Angel's Den), with additional support from the Mobbs Memorial Trust. The Douglas McMinn Centre's generous donation enabled us to continue running the group after the pilot period.

Over 12 weeks, participants showed clear improvements in wellbeing, communication and confidence. Data from the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) showed increases in all seven areas of wellbeing, including optimism about the future, feeling useful, relaxed, and close to others. The greatest improvement was in “I’ve been feeling close to other people,” reflecting the power of group sessions to foster social connection.

The Manchester Wheel was used to evaluate aspects of mood change between beginning and end of each of the 12 sessions.

The median captures a general increase in all 5 categories: Inspired, Active, Alert, Enthusiastic and Happy (where: 5 = Extremely, 4 = Very, 3 = Quite, 2 = Not very, 1 = Not at all):



Participants and carers described renewed confidence, communication and joy. One carer shared, “He can’t stop singing at home. There’s so much more joy and sound in the house now.”



Frank’s Story

Frank was initially quiet and hesitant to join in. During the first few sessions, he often sat back and listened, unsure about taking part. As the weeks went on, he began responding to familiar songs, gently tapping rhythms and smiling at moments of recognition. With encouragement from his wife, who attended as his carer, he grew in confidence and started singing along.

Music became a bridge between them. His wife shared that he now hums the group’s songs at home, and that their shared experience in the sessions has brought them closer. The group has become something they both look forward to each week - a space where they can connect, enjoy themselves, and be part of a supportive community.

[Read the full report here.](#)

Preventative Care

As a longer term programme of care, Preventative Care aims to keep people connected in order to reduce isolation and reliance on health and social care. It might also be referred to as Anticipatory Care.

At Chiltern we run a wide range of community music and music therapy groups for all ages. Our Silver Singers Community Groups offer weekly opportunities to socialise and make music together, and our Let's Sing online groups support younger adults with learning disabilities to come together to connect through music and have fun.

Community Voices Performance

In July 2024 we brought together some of our community groups in a celebration of music and its capacity to support people's health and wellbeing at the Elgiva Theatre in Chesham. It was also the culmination of our first Safe in Sound music therapy dementia group.

It was a truly joyful, celebratory occasion which we hope will become part of our annual calendar of events to help more people experience what Chiltern Music Therapy is all about.

[Watch a short video with clips from the performance here.](#)



Disseminative Care

Our disseminative programme of care is dedicated to sharing, researching, and disseminating our work and expertise to benefit others. It aims to increase the reach and impact of our music therapy services and best practices.

Power of Music Event at Yamaha, with Research Insights from CIMTR

In April 2024, Chiltern Music Therapy partnered with Yamaha Music London and the Cambridge Institute of Music Therapy Research (CIMTR) to host The Power of Music, a hybrid event that united over 70 attendees in person and online.

The evening brought together musicians, neuroscientists, and music therapists to explore the latest research into how music influences the brain and supports wellbeing. Through live demonstrations, moving personal stories, and interactive audience discussions, participants gained a deeper understanding of music's ability to heal, connect, and inspire change.

The event sparked powerful conversations, with many attendees pledging to take action in their own communities, helping to grow a shared movement that champions the transformative impact of music across health, education, and everyday life.

[Watch a short Reel from the event here.](#)

NMT™ Clinical Practice Workshop

We were delighted to host the Academy for Neurologic Music Therapy last October for an intensive three-day Clinical Practice Workshop. The workshop provided an opportunity for NMT™ affiliates to review and practice the Neurologic Music Therapy® (NMT™) System of Techniques under the supervision of the Academy teaching faculty.



Live demonstrations, breakout clinical practice sessions, mock scenarios, and standardised assessment practice featured and Chiltern were delighted to welcome a community of NMTs from the UK as well as internationally, from countries including Greece, Romania, Poland and Lithuania.

External Training

Alongside our usual busy schedule of training and events, this year we also began developing our new digital learning platform. This work marks an important step in widening access to music therapy knowledge and resources. The platform will offer a flexible way for professionals, families and carers to learn at their own pace, with courses, webinars and practical tools all in one place.

In addition to the learning platform development, we delivered a varied programme of training, including a Music CPD Day, a dedicated case managers' event, a new dementia and music training for carers and care professionals, and specialist workshops such as an experiential sensory discovery day.

Our training activity this year is summarised in the graphic below:

450+

Attendees over the year on our training, talks and workshops

21

Training events

Average feedback score

4.8 out of 5

across the following areas:

- The session was well organised
- The information and/or skills presented were relevant and useful
- Would recommend Chiltern Music Therapy training

What participants said:

"The day opened my eyes to looking at music in a different way.

I learned new ideas, the case studies were amazing and it was very positive to see such a client centred approach.

I really enjoyed the experiential parts and the sound bath experience."

- Feedback from 'Tune into the Senses' - an experiential music therapy discovery day, September 2024

Looking Ahead

As an organisation we are continuously seeking opportunities to fulfil our purpose - whether through improvements in how we work, building strong partnerships or exploring new ways to be able to support our existing and future clients.

We are fortunate to have received funding from many organisations including The Rothschild Foundation, Hollyhock Trust, Children in Need, and the Shanly Foundation. Their support has been vital in enabling key projects that will continue to make an impact throughout the coming year and beyond.

Looking ahead, we are especially excited about the launch of Chiltern Online in Autumn 2025. We look forward to sharing more updates on this soon!



For more information about this report, please contact:
info@chilternmusictherapy.co.uk

chilternmusictherapy.co.uk

