

*The Towersey Foundation*  
*Providing Music Therapy in Palliative Care*

# **TOWERSEY NEWS**



October 2009

## ***Administrative Changes at Towersey***

The past few months have seen many changes to our administrative structure. Due to limited core funds, the office at St. Paul's Road in Newton Abbot has been closed.

We have since taken up a very generous offer of alternative office accommodation in Devon Square, Newton Abbot. Paper files are stored there whilst Towersey administration is now carried out from several home offices.

**The new charity telephone number is: 01626 365878 and the email address has changed to: [chairman@towerseyfoundation.org.uk](mailto:chairman@towerseyfoundation.org.uk)**

**From 13/10/09, all mail should be sent to 'The Retreat', Decoy Road, Newton Abbot, TQ12 1DY.**

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## ***Music Therapy at Rainbows***

A part-time appointment has been set up at Rainbows Children's Hospice, Loughborough.

Music Therapy is one of the important activities engaged in at Rainbows. Music can be an essential means of communication for those who are unable to speak or find it hard to talk and can have a relaxing as well as a stimulating effect; it might distract from pain; regulate breathing or help to access and express (sometimes difficult) feelings. Neil Eaves, a qualified Music Therapist, works with Rainbows' children and young people on an individual basis or in groups to improvise music which suits their mood. Music Therapy provides the important opportunity to play, experiment and have some fun; it gives a level of control often not experienced by life-limited children and young people.

As a result of the Towersey Foundation setting up the music therapy appointment in April, Neil has delivered an improved music therapy service at Rainbows. The increase in hours has allowed him to see more children and young people and to extend the service of music therapy outreach, where the therapy takes place in a child's own home. Some of Rainbows' children and young people cannot access school due to their ill health and they benefit hugely from the one to one stimulation they receive from music therapy, allowing self expression, communication or family interaction.

The following is taken from a letter written to Neil by a teenage patient:

*"I really love music therapy. It gives me a chance to be in control I can be happy or sad, angry or upset and I can show this in my music. It is great fun. I am good at drumming and I like the wind chimes. I like my brothers and sister to listen to my music. I like to have my photograph taken so I can show my Dad! Music therapy has helped me cope with lots of changes in my life and health. I love music! It's the best."*



*Neil Eaves*  
*Music Therapist*

## Other Hospice News

### *Dove House Hospice, Hull*

Briony Ming has been appointed as the music therapist for Dove House Hospice, Hull to commence within the next few weeks.

### *Music on Wheels 2*

Fund-raising is underway for this new project based at the Pasque Hospice, Luton.

## Creative Music Therapy Group

This longstanding group continues to meet each month in Newton Abbot. The music therapist starts the session by playing the piano in various rhythms and the group members choose percussion instruments to accompany her. This is followed by a singing session of well known favourites selected by the members. Refreshments and a chat round off the afternoon.

During the Autumn the group will transfer to a local Care Home due to extensive refurbishment and building works at the Courtenay Centre.

## Care Homes

Music therapy provision has been organised in three Care Homes in the Newton Abbot area and will start in September. This new service will be of particular benefit to those who are unable to use transport to attend community groups. The Music Therapist for all three Care Homes is Claire Phillips.

## Future Events Diary

**'ExeVox, 8th May 2010 at St. Andrew's in Ipplepen'**, ExeVox is an award-winning, auditioning chamber choir of around twenty musicians based in Exeter. More details of this event on our website soon.

**The Towersey Foundation  
'The Retreat', Decoy Road,  
Newton Abbot, Devon,  
TQ12 1DY**

**Registered Charity No. 1052862**

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**Web: [www.towerseyfoundation.org.uk](http://www.towerseyfoundation.org.uk)**

## LYNK

The LYNK project is ongoing subject to continued funding. Philip Stopher-Walker has now taken over from Sue Pratt as Music Therapist at Ellen Tinkham School.

## Past Events

**'Flora London Marathon 2009 - 26th April 2009'**, Jane Robson completed the run in 4 hours 25 minutes. Her ambition was to achieve a time of 4 hours 15 minutes so she was close to her target. Jane has raised £2,655 to date for Towersey funds which is a fantastic sum – many congratulations, Jane!

**'Orchid Paradise - 9th & 10th May 2009'**, our thanks go to Burnham Nurseries for allowing the Foundation to be involved with the Chelsea Preview. All who visited over the weekend commented on how impressive the display was. Hot drinks, a selection of home made cakes and locally made pasties were served to raise funds for the charity. A profit of approximately £300 was raised.

**'Music for the month of May - 16th May 2009'**, we are very grateful to Harpenden Lions Club for holding another of its series of popular charity music events, 'Music for the Month of May' at Rothamsted Manor, Harpenden. The audience of 100, which filled the attractive Great Drawing Room, was entertained by students from the locally-based Purcell School which is one of the country's leading specialist music schools. The varied programme included pieces for piano, oboe, French horn and piano as well as voice.

**'Claire-Over the Edge! - 15th August 2009'**, 12 people conquered their fears and abseiled at Chudleigh Rocks, 6 raising funds for the Foundation. Claire is pictured below having a second go on the tallest rock face! Total raised to date is £370 - well done, Claire and the team!



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