

Community music for adults with a learning disability



face the **music**

Community music for adults with a learning disability

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Music making can help people connect, and support and encourage well-being. Music sessions are available for adults who have a learning disability, in residential or community settings.

Sessions include a range of music, singing and playing instruments, directed by those involved and tailored to their needs. These run weekly for individuals or small groups, lasting 30-60 minutes. A few initial assessment sessions help determine if music therapy may be beneficial, before continuing.

Music for adults who have a learning disability can help in several ways:

- improve confidence and self-esteem
- enhance enjoyment and participation
- increase self-expression and creativity
- aid communication and social interaction



My name is Ed Muirhead, I'm a musician who has worked with people of all ages, including those with mild to profound learning disabilities. My experience includes group music-making, tutoring, intergenerational groups, improvisation & songwriting. As well as years of practical experience, I have an MSc in music therapy.



Music sessions have been very well received by those involved, and by family members and staff carers who have noticed an improvement beyond the sessions.

If you have any questions, please let me know. I'm also happy to meet with you, to discuss music sessions and answer any questions you may have.

Ed Muirhead, 07948 504 355, ed@facemusic.co.uk

Further details

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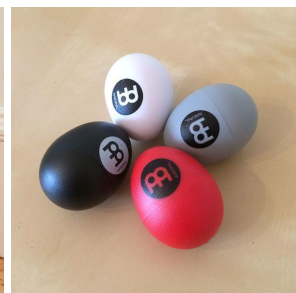
Music sessions may be requested by people who wish to participate, or by a family member or support worker.

Typically, weekly sessions would be provided for individuals or small groups of people.

£30 is the hourly rate, inclusive of travel within Dundee.

A suitable room is required - where lots of music may be made without any issues!

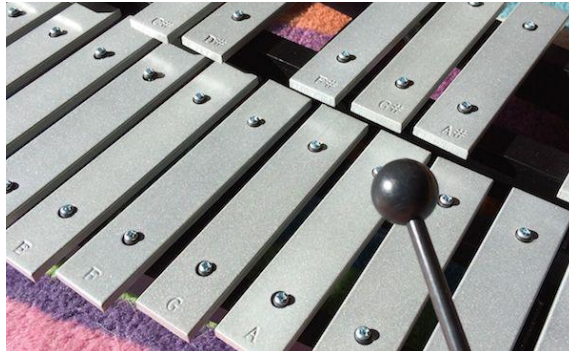
Instruments can be provided: a variety of percussion, guitar, keyboard - plus people may choose to use their own instruments.



Feedback received in the past:

“Service users have said that positive attitude and enhanced wellbeing continues to last throughout the day after the morning sessions.”

- Staff member



“There are people here who would be really keen to do more music with you. You have been a massive hit with them . . . I had reviews yesterday and their mum was singing your praises.”

- Team leader