

## Music Therapy and Five to Thrive – Tangent funding report

### Program preparation:

Children from one of the most deprived wards in Northern Ireland benefited from the Five to Thrive music therapy program thanks to funding provided by Tangent. Barnardo's Strabane began a new music therapy programme implementing the concepts of the Five To Thrive, an attachment based approach focussing on the importance of healthy relationships to promote healthy brain development. Central to Five to thrive is a set of five key building blocks: Respond, Cuddle, Relax, Play, Talk. Music therapy is the medium through which the programme will be delivered encouraging age appropriate interactions through all the senses paying particular attention to non- verbal communication. Recent research proves that how a parent behaves around their baby in the first three years of life has a direct impact on their baby's brain development. This is the foundation of how the brain will work as the child grows up and becomes an adult, so if a baby's brain develops healthily they are more likely to be happy and successful as older children and adults. Music is recognised as having the ability to soothe and calm children when used appropriately and encourage engagement and interaction, having a huge impact on development and confidence. Music therapy can build on these natural instincts especially for those lacking confidence or knowledge on the importance and the benefits of music in the early years. This program was aimed at parents and children under 2 years

residing in the top 25% most deprived areas of Northern Ireland with a particular focus on children residing in the East Ward of Derry & Strabane District Council, which is the most deprived ward in Northern Ireland (Multiple Deprivation Measure Rank).

#### Program specifics:

Funding was received in October 2019 with January 2020 being the proposed date to begin a weekly program. Due to staff illness, the starting date was delayed until March 2020. The coronavirus pandemic reached Northern Ireland in March 2020 resulting in a lockdown whereby work practices were altered. In June 2020 a music therapy program was offered to families through an online platform. A weekly session was offered to a closed group through the platform zoom for a period of 6 weeks. The group was initially made up of 5 mothers and 6 children aged between 1 and 3 years. Music therapy star was completed for each child, from a parent's perspective, prior to attending session 1. Each parent was provided with information, through email, on a weekly basis, about each Five to thrive building block and how music can support each area.

The online music therapy session plan was devised around each building block whereby traditional nursery rhymes and pre composed songs were used to encourage group participation modelling the key aspects of Five to Thrive.

#### Evaluation:

Outcomes Star was used to monitor and evaluate the programme using 'The Music Therapy Star' which has been designed specifically for

children in Music Therapy contexts. The Music Therapy Star covers five areas relating to outcomes delivered by music therapy:

1. Relating – relating to other people
2. Use of voice- expressing themselves with a voice
3. Attention and awareness – focussing on an activity
4. Play and creativity-learning and fun through play
5. Emotional well-being-being at ease and expressing feelings.

The Music Therapy Star is underpinned by a variation of the core Outcomes Star Journey of Change:

1. Not connecting - N
2. Connecting - C
3. Initiating - I
4. Exploring - E
5. Resilience - R

Music Therapy star	Child A pre/post	Child B pre/post	Child C pre/post
Relating	C+ to C+	R to R	E+ to E+
use of voice	I to I	R to R	E+ to E+
Attention & Awareness	E to E	E to E+	E to R
play & Creativity	E to E	R to R+	R to R
Emotional	I to I	R to R	R to R

Music Therapy star	Child D pre/post	Child E pre/post
Relating	E+ to R	I+ to E
use of voice	R to R	I+ to E
Attention & Awareness	R to R	E to E+
play & Creativity	R+ to R+	E+ to R
Emotional	E+ to R	E+ to R

Due to the program being delivered online other members of the family happened to be present. They found it interesting and joined in as well, so it had the added benefit of bringing families together and

promoting positive relationships at a time when people were largely confined to their homes. In turn it brought cohesion to family units and increased communication between those involved.

Parental testimonies:

"I loved attending online each week as it was great to see other children and mums. It was nice to learn new songs to sing with my daughter." Parent of child aged 15 months

"I loved the information sheets that came along side each class it was great reading and helped to link the advantages to the music therapy. The biggest thing for me was that link between the two. Although I would always sing nursery rhymes and use musical toys it wasn't until I participated in this class that I realised the importance of it all and I definitely do it more often.

Thank you for providing these classes during lockdown.

The only negative I have is I found zoom very difficult to enjoy 100% due to connection etc. and would have loved to have done an actual class.

Thanks for all your advice & help and hope to join you in another class again soon" (parent of children aged 32 mths & 15 mths)

Next steps:

Going forward it is envisioned that more programs will be offered online and face to face. This project will continue to be sustainable, in the short term through an online platform as all necessary materials are prepared but can be altered to meet the needs of each group. Each family will receive a 'home musical kit' to support musical interactions when engaging through an online platform. It is hoped to run face to face programmes in the near future, when it is safe to do so, having the potential to reach a larger audience.

## Financial report

Date	Supplier	BAMT/Tangent Cost	Funding Financial Report Specifics
Apr-20	Triangle - Outcome star	£50	Music therapy star training
May-20	LMS music supplies	251.94	Instruments
	LMS music supplies	954.72	Instruments
Jun-20	LMS music supplies	63.69	Instruments
Aug-20	LMS music supplies	873.6	Home instrument packs
Aug-20	Barnardo's Total	300 2493.95	Barnardo's Management charge@12%