

My music therapy group in Colchester recently had a podcast made about it before the COVID-19 crisis stopped us meeting in person. The journalist then made contact again and did a podcast about the members and the nurse who helps me with the group and their experiences during the lock down:

Before (Part 1):

<https://podcasts.apple.com/gb/podcast/every-breath-you-take-before/id1496940645?i=1000470975973>

After (Part 2)

<https://podcasts.apple.com/gb/podcast/every-breath-you-take-after/id1496940645?i=1000470975972>

All good wishes,

Mary Anne Barclay

[www.breathemusic.org.uk](http://www.breathemusic.org.uk)