

Introducing Music Therapy at Sonya Lodge Residential Care Home



Here at Sonya Lodge Residential Care Home we have recently started something new – Music Therapy!

Every Friday we have **Grace, a Music Therapist**, come and spend the day with us. Grace has a wide range of instruments including a **keyboard, banjos, tambourines, flute, recorder** and more!

Grace spends the morning doing group work and then the afternoon doing one-to-one sessions with our residents. Music Therapy is **great for confidence**; it encourages people to get involved and Grace is very engaging, including everyone at some point during the day. She takes music requests too which our residents love!

This time, **Ellen requested** 'The Fields of Athenry' by The Dubliners. We played the song and as **Ellen sang along** to it, Grace played instruments along with the song! It was a very enjoyable experience for Ellen to hear her favourite song played with a variety of instruments.

We always look forward to Fridays!







