



Little Foxes Mountain Ash Library

PROJECTS

Here are some of the organisations we've delivered projects with so far-

- RCT primary Schools
- Cardiff Womens' Aid
- Priory Group
- Ty Enfys Care Home, Cardiff
- RCT Libraries and Sonig Music Service
- Hijinx/Odyssey Inclusive Theatre Company
- British Lung Foundation
- New Horizons Mental Health
- Ransack Dance/Artis Community

ABOUT US

James Lowe: musician and sound artist with more than 30 years of experience in lighting and sound design.

Tanya Dower: vocalist, creative and therapeutic arts/sound healing practitioner, and BLF accredited SflH Leader.

ACCREDITATION:

BA(Hons) Creative and Therapeutic Arts USW

CMA accredited Sound Healing Practitioner COSH UK

BLF trained SflH Leader



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MUSIC NOW

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MUSIC NOW

Facilitating wellbeing through music.



Delivering music services throughout the community, for education, health and wellbeing.



Vaguely Artistic PLSS Photography.

WHAT DO WE DO?

MUSIC NOW use music and sound as a vehicle for exploring creativity to enhance learning, manage health, well-being and live longer happier lives! And we have FUN!

Whether individual, group or organisation, we can design and deliver tailor made lessons and sessions with participants of all ages at the centre of music making. We do this by working with participant needs and abilities, what you want from the experience and by nurturing a creative, safe and welcoming space to grow, learn and be well.

WHY MUSIC NOW?

Unlike other organisations, that may focus either on music, therapeutic value or a condition, Music Now works with all three in combination, in a person-centered, participant led way.

"I felt the benefits immediately. Felt a shift in my mood, lowered my stress level and gave me such a power boost" - Debbie.

RESEARCH

There is fast growing evidence from scientific and social research which supports the use of the arts and music to help us feel better. What we have noticed and experienced ourselves is that the benefits of listening to and making music, makes life joyful! When life is difficult for people especially in areas of health and economic inequality, music can make a big impact on closing the gap and making a difference to people's everyday lives.



Cynon Valley Singing for Lung Health

OUR SERVICES...

MUSIC TUITION

Individual tuition services for children or adults including differentiated learning styles for those with additional needs.

MUSIC WORKSHOPS

From toddler groups to care homes, group music sessions are a way to feel connected, supported and empowered across the lifespan, whatever your needs and abilities.

SOUND HEALING

Treatments include basic scanning, vocal chanting and whole-body clearing using tuning forks, musical scale healing and chakra healing using Bija mantra and Sanskrit vowel sounds.