

Worthing CIL Neighbourhood Fund case study: Waves Music Therapy - music therapy lessons in Durrington

Children in Durrington will continue to benefit from innovative music therapy lessons, thanks to a successful pilot project that was funded by our Community Infrastructure Levy (CIL) neighbourhood fund.

Charity Waves Music Therapy was awarded over £14,500 in 2023 to deliver three distinctive music therapy projects to help students at Durrington High School and Oak Grove College reconnect with learning, and to support communication and collaboration, while addressing social, emotional and mental health needs.



The rapper in residence programme brought over 120 students from both schools together to learn how to write rap or spoken word lyrics, to record and to produce their own music. The project culminated in a final showcase that celebrated the children's achievements.

For students with complex needs, Waves Music Therapy delivered a tailored music psychotherapy programme and an immersive music course to 35 young people that used music as a means of engagement, giving young people without traditional means of communication an opportunity to interact, play together and have a voice.



The charity said that 100% of students felt they had learned something valuable and would attend further sessions.

The lessons were delivered over a full academic year and have been so successful that music therapy is now a funded part of the school provision at Oak Grove College.



Victoria Hartkemeyer, CEO, Waves Music Therapy, said: *“Music is more than an art form; it is a lifeline for many young people, providing connection, self-expression and a pathway to healing. Our work addresses the whole person, supporting their social, emotional, communication, learning, physical and mental health needs. Where words fail, music speaks.*

“We are incredibly grateful to the Worthing CIL Fund for enabling us to reach and support so many children and young people who need it most and for helping us embed music for these students to make change for more people in the future.”

To find out more about Waves Music Therapy, please visit: <https://wavesmusictherapy.com>