



The biggest
celebration
of singing ever

30
September
1, 2
October 2011

Thank you for taking part in *123sing!*

123sing! is a national celebration of singing that raises funds for The Classic FM Foundation.

This year funds raised at this *123sing!* event will help provide music therapy for vulnerable and disabled children all over the UK. Working with our charity partner, Nordoff Robbins, The Classic FM Foundation needs to raise enough to provide over 4,000 music therapy sessions. With your help we can do it.

Sing loud, dig deep and make your singing count!

Phoebe's story

Phoebe is a three year old girl with the rare life-threatening disorder. By the time she was three she had already undergone 2 bone marrow transplants. Her Nordoff Robbins music therapist worked with her on both of her long-term stays in hospital.

Phoebe's experience of hospital is of adults inflicting vital but painful procedures on her. There are many painful and challenging effects of her treatment, but her family have worked hard to create a normal and positive environment within the confines of their isolation room. Music therapy has played a vital part in this.

Through music, Phoebe has been able to take back some control: leading an improvisation or conducting a musical activity. She can use the instruments to channel her distress and distract her from pain and frustration. Sometimes her parents join in to create a rousing chorus or a fun-filled activity. When they see their daughter playing and interacting with someone else in a 'normal' way, they are reassured that though she may look different, through hair loss or steroids, she is still Phoebe.

Music therapy can offer both a distraction and a means of expressing difficult feelings. It has contributed towards creating a positive and creative environment within Phoebe's hospital room, helping to reduce her stress levels, which her parents believe have allowed her life-saving treatment to be more effective.



www.classicfm.co.uk/123sing



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