MOVE EXPLORE CREATE PACKAGES

Complementing our other early intervention programs, we focus on getting children to move, explore and create through music! Whether it’s singing, drumming, playing instruments or dancing, children will discover and play while creating their own learning experience. We offer two types of Move, Explore, Create (MEC) packages:

MEC FOR CHILDREN (MECmusic)
This 10-week inclusive program consists of interactive activities using live music to promote developmental and social skills for all children. Activities incorporate a variety of musical experiences such as singing, drumming, playing instruments and movement to encourage all aspects of child development. It is run in conjunction with childcare and long day care centres and includes a development workshop for parents, carers and staff.

MEC FOR EDUCATORS (MECpro)
Building on the success of MECmusic, MECpro is a 12-week program designed to develop the capacity of early childhood educators to plan, organise and facilitate music activities that positively impact children’s social and developmental needs.

LOCATION
We deliver programs across the Sydney metropolitan area at various locations including our clinics based in Kingswood, Glenbrook, Crows Nest and Cherrybrook.

CONTACT US
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MUSIC THERAPY

Music therapy has a universal power to reach us. Music affects our bodies, our minds and our feelings. It breaks down barriers of disability, injury, illness or trauma. Music builds bridges of communication, helping us to relate to each other better. Research reinforces that music therapy can bring about extraordinary changes and benefits.

WHAT HAPPENS IN A SESSION?
We focus on actively engaging clients in musical experiences. No single course of music therapy is the same, because every individual we work with is unique. Our approach is client-focused, this means that we engage through music therapy in a way that’s right for the individual. Sessions can be one-to-one, or in small or large groups. Sometimes family members, friends or carers get involved. Sessions can involve:

- Playing different instruments
- Singing
- Playing / listening to music you know and enjoy
- Improvising or making up music on the spot
- Music and Movement
- Writing songs

WHAT OUTCOMES CAN YOU EXPECT?
While allowing freedom for spontaneity, music therapists will set objectives, often in conjunction with the client, relative or carer.

Over the course of therapy, outcomes will vary but we focus on achieving positive changes in physical, psychological, emotional, cognitive and social functioning. This could mean better physical coordination after suffering a stroke, helping non-verbal children to speak through song, providing an emotional outlet through song writing for victims of trauma or helping a child with autism become more socially connected.

COMMUNITY MUSIC

Our community music groups are aimed at improving well-being through enjoyable recreational music-making.

KEY-WORD SIGN CHOIR
Learning and performing the key-words of song lyrics using signs from the Key-Word Sign and Auslan vocabularies. Beautiful to watch and no previous signing or singing skills are required.

GROUP DRUMMING
A fun and energetic way to meet new people! Open to all ages and abilities.

MUSIC CLUB FOR YOUNG PEOPLE
Music club is about supporting young people (18-30) with a disability who want to make music in a group.

ADULT DISABILITY GROUPS
Interactive music groups for those wishing to make music, explore different instruments, sing together and have fun. Open to all abilities.

OLDER ADULTS GROUPS
This program encourages participants to enjoy some musical company while singing, reminiscing and playing instruments.

SUPPORTED MUSIC LESSONS
Our supported music lessons program is suitable for people living with a disability or illness as well as those with other challenges such as emotional or behavioural disorders. All that is required is an ability to learn.