

“Music therapy brings people to life, just by picking up an instrument and joining together in music it helps to heal people, whatever pain or trauma or problem you have been through, it can help. You can be yourself, without judgement and that is what I love about it.”

Elizabeth



LEAVE A GIFT FOR THE FUTURE

Nordoff Robbins is the largest independent music therapy charity in the UK*, dedicated to changing the lives of vulnerable and isolated people like Elizabeth. We support thousands of people through our own centres and by working in partnership with a wide range of organisations including care homes, schools and hospitals.

By leaving a gift in your will, you can help us continue and grow our services for generations to come: your gift can help train new music therapists, bring music therapy to new areas, or build new centres. We are passionate about being able to provide music therapy to all who need it – by remembering us in your will, you can help us get one step closer to achieving this.

**Recognising service delivery in Scotland is delivered through our sister organisation Nordoff Robbins Scotland.*

HOW YOUR GIFT WILL HELP US

Since our establishment as a charity in 1980, our work has been supported by generous donations from individuals, companies and foundations; we don't receive any government funding. None of our work would be possible without the kindness and generosity of those who support us.

We are so grateful to everyone who thinks of remembering us in their will. Just a small percentage of what's left after your loved ones are provided for could allow us to help a child with autism to communicate with their family, reduce anxiety for someone living with dementia, or provide comfort to someone in hospital.

All gifts are important to us, regardless of size. Each gift will reach someone who needs music therapy in their life.

EACH GIFT MAKES A DIFFERENCE

- **£300** could support a day of music therapy at a school for children with special needs, giving them opportunities for meaningful and motivating social communication and interaction
- **£1,075** could pay for a month of music therapy one day a week at a hospital, offering patients moments of creativity and expression at difficult times
- **£12,900** could allow a music therapist to visit people living with dementia in a local care home once a week for a year, bringing them comfort when they feel anxious and isolated
- **£24,344** could support the training of a budding music therapist, meaning one more trained professional can reach hundreds of vulnerable and isolated people each year

HOW TO LEAVE A GIFT IN YOUR WILL

If you want to leave a gift, we kindly recommend you speak to a solicitor about creating a will or making the necessary changes. The correct wording, to make sure your wishes are carried out, is:

“I give free of Inheritance Tax [.....] to Nordoff Robbins Music Therapy of 2 Lissenden Gardens, London, NW5 1PQ, registered charity number 280960 (England & Wales). I further direct that the receipt of the CEO or other proper officer of the said charity for the time being shall be a full and sufficient discharge for the said gift.”

OUR PROMISE TO YOU

If you are considering leaving a gift to Nordoff Robbins, we want you to feel comfortable and confident about it. These are our promises to you:

1. We realise and fully understand that your **family and loved ones** will always come first.
2. Your gift will **support our charitable mission**, which is to bring the life-changing power of music therapy to as many people as possible. As a charity, we are governed by a Board of Trustees; we report annually to the Charity Commission; and we adhere to the Institute of Fundraising’s Code of Fundraising Practice.
3. We respect **your privacy**. We appreciate that the decision to leave a gift is very personal. You can tell us that you’ve left a gift if you want to, and we’d love to hear – but you don’t need to tell us.
4. If you do choose to tell us, you will have the choice about how we **communicate** with you and keep you updated about the work we do – if, when and in the way you prefer.
5. Only if you clearly express the **wish** that your gift is to be publicly acknowledged, will we do so.
6. You have the choice about **how, when and where** your gift will be used; you can specify your preferences in your will. Alternatively you can make a contribution which we will direct to where we see the biggest need.
7. You have **the right to change your mind** about a gift in your will at any time in the future, and you do not need to tell us if you do.
8. We will handle your gift – whatever its size – **efficiently** and with the utmost **care, sensitivity and respect**.

YOUR CHOICE

Nordoff Robbins' mission is to bring the life-changing power of music therapy to as many people as possible, through the delivery of:

- High-quality music therapy services in England and Wales
- Masters-level music therapy training for budding music therapists
- Research to enrich, strengthen and demonstrate the effectiveness of our work

You can choose to support our general charitable mission or you can direct your gift to a specific area of work or geographical region that is close to your heart. If you would like our help in making this decision, we would be happy to provide further information.

FURTHER INFORMATION

If you would like to find out more about our work, you can have a look at our [2015 Annual Review](#).

If you would like to have a private conversation or if you have any further questions, please do not hesitate to get in touch. You can speak to us anytime and without any further obligations. You can email or call Camille De Groot (Development Manager). You will find her on 020 7428 2758 or camille.degroot@nordoff-robbins.org.uk.

THANK YOU

Thank you for thinking of Nordoff Robbins in connection with your will, and for taking the time to find out more. We hope you're inspired by the thought that you can really make a huge difference to how many people we can help through music therapy by leaving a gift in your will, people like Elizabeth, for who music therapy has been life-changing.

ELIZABETH'S STORY

As a 23 year old living with dysphasia and mild autism, life can be totally overwhelming. The dysphasia means that I have real trouble reading people's facial expressions and voice tone, and that often makes me very confused and very frustrated. For years people have struggled to understand me, and this led to severe depression and anxiety. At times I have felt like I just can't go on with life.

The first time I came to Nordoff Robbins I was extremely nervous. My mum and sister came with me, knowing there was a good chance that I just wouldn't be able to do it. But I was blown away, that first session was more than I could have expected; that they were incredible. The team were just so warm and welcoming and I realised straight away that this was the environment for me, a place where I could finally be myself.

That was six years ago, and today I would be lost without Nordoff Robbins. I attend group sessions once a week where I get to make music and express myself with people that I now consider my good friends. Music therapy helps me in so many ways; for me it is a safe place where I can forget my problems and just be happy.

Music therapy has had such a calming influence on my mind; it helps me manage every day.

My music therapist Lindsay has helped me build my confidence and self-esteem and the way we share stories and support each other in the group has greatly reduced my anxiety and depression.

I recently wrote a song about the people in my group which I performed to them during a session – I wanted to show them how much I appreciate their support and friendship, and that was a really special moment.

Because of the difference in my anxiety and depression I am now able to work part time which is huge step forward for me, and I even volunteer here at Nordoff Robbins assisting in a parent and toddler group.

“Without Nordoff Robbins I would probably still be struggling every day. When words fail me, music speaks and it's made a huge impact on my life; I just feel so privileged for that.”

