



**Central Queensland  
MUSIC THERAPY**

ABN: 18 226 414 092

**MUSIC THERAPIST PROVIDER**

Name:	Eliza Stubbs	NDIS Provider Number:	4050017230
Mobile for SMS:	+61 483 980 903	Email:	admin@elizastubbs.com.au
Phone:	(07) 4979 0006		

## Welcome to 2025 and our first newsletter!

### Eliza Updates:

Eliza is rested and ready to return to her therapy programs for you for 2025. Eliza will be slightly adjusting her hours this year to accommodate more self-care and time with her family. Eliza's hours will be Monday – Friday 9am – 4:30pm.

### Meet Jess:

This year, a second music therapist, Jess, joins the team at CQMT.

Jess grew up in Gladstone, graduated from Toolooa State High School in 2017, then spent the last 7 years living in Brisbane and Sydney where she studied a Bachelor of Fine Arts (Music) and a Master of Creative Music Therapy to become a registered music therapist.

Her final year in Sydney was spent gaining experience as she worked with people of various ages, support needs and backgrounds, in a range of settings including a music therapy clinic, childcare centres, group disability homes, community centres and aged care facilities.

Now, Jess is back in her hometown and will be working alongside Eliza, delivering music therapy sessions and programs to clients, as well as continuing to oversee the website and social media platforms for CQMT. She is excited to settle back into Gladstone and continue to work in a role that she is passionate about.

Jess will be available Wednesday, Thursday, and Friday from 9:30am to 5pm.

For more information about Jess, please head to our website <https://elizastubbs.com.au/about/>

### NDIS Update:

We know that the end of the year was quite turbulent regarding the uncertainty of music therapy's place in the NDIS world. We have some good news on that front:

- Music Therapy will continue **AS NORMAL** until the end of June/start of July 2025.
- If you have a plan review coming up before the end of June, we appreciate your continued efforts of advocating to have music therapy specifically listed on your NDIS plan.
- If you are having any trouble getting music therapy listed or approved, please contact us ASAP. We are more than happy to provide a one-page summary (free of charge) to help support your claims.
- To further support music therapy's future, CQMT will include an assessment and evaluation form at the start and end of each participant's therapy program. This may also include a feedback form for participants/carers/families to complete also. Please note, this will be included within the program and will NOT be charged at any extra cost to you.

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Eliza Stubbs  
Director and Therapist