



Central Queensland MUSIC THERAPY

Newsletter May 2025

Open Day

Central Queensland Music Therapy will be hosting an **Open Day** next month! Come along for a tour of our space, to try out some instruments, and to learn about music therapy and the services that we offer.

WHEN: Saturday 21st June, 12-5pm

WHERE: Central Queensland Music Therapy practice

Shop 4, 172 Goondoon Street, Gladstone

(Palms shopping centre, underneath Fresh Fix café)

WHAT: Drop-in sessions - drum circle, songwriting, children's sing-a-long, and info session

COST: FREE!

Please **RSVP** to our Open Day if you are interested in attending, via [this form](#). Thank you!

Celebrating Music Therapy

We celebrated **World Music Therapy Week** last month! If you missed our social media posts, you can visit our Facebook, Instagram or LinkedIn accounts (see the bottom of this newsletter) to catch up on some fun facts about the history of Music Therapy around the world, how music impacts the brain, how to use a metronome for regulation, and a "day in the life" video in which Eliza describes her diverse participants and how various activities can help to achieve different goals. We also shared **50 Facts** to mark **50 Years of music therapy in Australia** – check them out on our Instagram Story Highlight to test your knowledge!

NDIS Updates

Dr Duckett finalised and **submitted** his independent review of art and music therapy last month. The NDIA have agreed to publish Dr Duckett's report and their response in full, at a later date. In the meantime, as the NDIA considers the recommendations, they have made an official announcement that "until the new operational guidance is published later this year there are **no changes to the status of music and art therapy as NDIS supports.**" This is good news for the time being, and as we hear any further news, we will keep you updated.

National Assistance Card

The National Assistance Card is a personalised card to assist people with disability and health conditions in the community, and can be used in everyday or emergency situations where a cardholder needs assistance or support. The card is currently available to autistic people and people with brain injury in Australia, with hopes for it to be available to anybody with a disability or health condition in the future.

The card is designed to:

- Help cardholders communicate their unique areas of difficulty and the assistance they may need
- Give cardholders greater independence
- Assist cardholders to feel more confident in everyday social situations
- Provide peace of mind for families and carers
- Enhance community understanding of disability and health conditions
- Support positive community interaction with cardholders

The card displays the cardholder's name, photo and date of birth, as well as a nominated contact person's name and phone number, and the Police Assistance Line phone number. On the back is a list of up to five areas of difficulty (e.g: communication, fatigue, memory) as well as a QR Code to additional information (text or video). These details are personalised and the cardholder can choose what they would like to include on the card.

For more information about the card, visit the [National Assistance Card website](#), or apply for a card [here](#).

Thank you!

If you have any questions, please don't hesitate to reach out.

From **Eliza and Jess**

Central Queensland Music Therapy

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