



Central Queensland MUSIC THERAPY

Newsletter July 2025

Open Day Success

Thank you to everybody who came along to our Open Day last month! We had a fantastic afternoon of music-making, learning, trivia, prizes and good food. Highlights included our children's sing-a-long group, a "fact treasure hunt", and the lucky door prizes, the winners of which were there in person to receive vouchers to Fresh Fix Cafe!

It was especially wonderful to meet people from so many different backgrounds - from teachers to support workers to allied health professionals to parents and children, as well as members of the community popping in to say hi and learn about music therapy.

Best in Business Awards 2025

Since 2020, the Gladstone Chamber Commerce and Industry (GCCCI) *Best in Business Awards* have recognised the outstanding efforts of local businesses across our region. These awards celebrate the innovation, hard work and success that help shape a strong local economy and make Gladstone a great place to live and work.

If you would like to support Central Queensland Music Therapy, you can nominate the business under the **Health, Wellness & Support Services** category or the **Young Business Leader** category. A link to the GCCCI website, with more information about the awards as well as the online nomination form, is [here](#). Nominations **close 31 July**.

NDIS Update

The latest Pricing Arrangements and Price Limits (PAPL) has been released from the NDIA, which came into effect at the beginning of this month. As per the July NDIA guidelines, **music therapy remains a viable NDIS provider**. While we have still not heard back about the outcome of the Independent Review of Art and Music Therapy, the new PAPL shows that music therapy has its own line item, which we consider to be a positive step, and hopefully good news for the future of music therapy in the NDIS.

New Email Address

Central Queensland Music Therapy has a new email address. To get in touch, please email:

admin@cqmusictherapy.com.au

For other contact details or links to our social media, please see the bottom of the newsletter!

Stay Well this Winter!

Cold and flu season is upon us, and we would like to remind our readers to take care of themselves if they begin to feel unwell:

- Stay home from school or work if you develop symptoms or feel sick
- In particular, please be mindful when deciding whether to **attend music therapy sessions** if you think you may be unwell, as some of our participants have **compromised immune systems**, and getting sick can have much more serious impacts for some people
- Book in for a flu vaccine and/or covid booster if these are something that you usually opt in for

If you have any questions about vaccinations or general health and wellbeing, please don't hesitate to get in touch. We have information in our practice about the free, nurse-led walk-in clinic across the road, as well as other community and health services.

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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