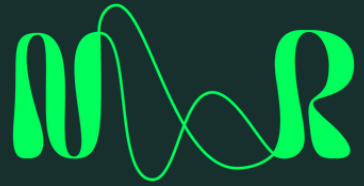




ROYAL  
ALBERT  
HALL



NORDOFF & ROBBINS  
MUSIC THERAPY

# Harmony in The Hall

**Free drop-in music group for adults (18+)**

**Mondays from 12 noon to 1.30pm**

Delivered by Nordoff and Robbins in partnership with the Royal Albert Hall, Harmony in The Hall is a free, drop-in music group for adults aged 18+.

Participants help shape the group with their ideas and musical interests, making music together in a relaxed, supportive space. They can sing or use instruments, bringing their own or using ours.

Lyric sheets are provided for those who want them,

though many members learn by ear or take part in their own way.

There's no need to read music or have prior singing experience, and listening is also completely fine.

This mixed-ability group welcomes everyone.

**Referrals can be made by healthcare professionals by clicking the button below.**

**Make a referral**

## About Nordoff and Robbins

Nordoff and Robbins is the UK's largest music therapy charity, with a unique approach shaped by more than 60 years of practice.

## About Royal Albert Hall

The Royal Albert Hall is inspiring hope through creativity, helping people to find their confidence, connection and voice through the power of music, art and shared inspiration. Music, performance and shared moments of inspiration are proven to lift confidence, reduce isolation and remind every person that they matter, making them better citizens and healthier, happier people. The Royal Albert Hall believes creativity is the key to change, and science has provided the evidence of the importance of music and the arts in people's lives.

## What is music therapy?

The ability to respond to music is universal, but the way we react is unique to our personality and circumstances. By making music together, then tuning into people's individual responses, music therapists create a platform for connection and self-expression. The positive impact on physical, social, mental and emotional wellbeing can be transformative.

## What are the benefits?

Music therapy can support people with their mental health and wellbeing. By providing a safe space in which people can express themselves, it encourages communication and social interaction, boosting confidence and self-esteem.