



## *Not able to access music therapy @ Resources for Autism?*

### *Who else offers music therapy?*

Please be aware that we do not have professional relationships with these organisations and that charges and waiting lists vary from service to service.

Abby Wollston Freelance (South Cambridgeshire, North Essex, North Herts)

Ace Music Therapy (Essex): <https://www.acemusictherapy.co.uk/about>

C Potential (North London): <https://cpotential.org.uk/services/music-therapy/>

Chiltern Music Therapy (Various locations): <http://www.chilternmusictherapy.co.uk/>

Connect Music Therapy (Various locations): <https://www.connectmusictherapy.com/>

Crystal Luk Private Practice (Tooting): <https://www.crystalluk.com/>

East London Music Therapy: <https://www.eastlondonmusictherapy.co.uk/>

Essex Music Therapy: <http://essexmusictherapy.co.uk/>

Hope Music Therapy (Private Practice in Haringey): <https://hopemusictherapy.co.uk/>

In-Deep (Central London Charity offering MT groups)  
<http://in-deep.org.uk/activitie/childrens-music-therapy/>

Margaret Nicholson (Private Practice in SW London):  
[musictherapysurrey@outlook.com](mailto:musictherapysurrey@outlook.com)

Music Therapy Lambeth (Therapy in schools & children's centres):  
<https://www.musictherapylambeth.org.uk/>

Music Therapy Tree (Therapy in schools & community groups):  
<http://www.musictherapytree.org.uk/>

Nordoff Robbins Music Therapy (Centres in Kentish Town & Croydon):  
<https://www.nordoff-robbins.org.uk/>

North London Music Therapy (Private Practice in Highgate):  
<https://www.northlondonmusictherapy.com/home>

Petra's Place Therapies (South London): <https://petrasplace.co.uk/>

Owl Music Therapy (North London): <https://www.theowltherapycentre.co.uk/the-team/the-team-in-england/london/london-north-team/music-therapists-in-north-london.html>

Richmond Music Trust (Centre in South West London; outreach work across the city):  
<http://www.richmondmusictrust.org.uk/musictherapy>

Sarah Gummatt-Hart (Private Music Therapist in Surrey):  
<https://www.littlehartsmusic.com/>

You could also try to find a therapist through the British Association of Music Therapy:  
<https://www.bamt.org/british-association-for-music-therapy-resources/find-a-therapist.html>

## *I'm stuck on a waiting list wherever I go. What else can I do?*

- Look at what is available through the 'local offer' in your borough. Search online for 'Local offer insert your borough' e.g. 'Local offer Barnet.' See if there are any creative activities that would suit your child.
- Speak to your child's school about what is available there and find out more about any other links they have with local services. There may be group music sessions, not music therapy but still very supportive, like this one available nearby:  
<https://www.musichouseforchildren.com/>
- Consider what music and play activities you might be able to do at home. There are lots of online resources available to get ideas, for example at  
<http://www.coastmusictherapy.com/>
- Think about alternative ways of developing communication and self-expression with your child. This might give you some ideas:  
<https://www.intensiveinteraction.org/>
- If you're still stuck, feel free to contact Hugh ([Hugh@resourcesforautism.org.uk](mailto:Hugh@resourcesforautism.org.uk)) or Niamh ([Niamh@resourcesforautism.org.uk](mailto:Niamh@resourcesforautism.org.uk)) to talk through any questions or concerns.



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