

Ref: JFR/MOW/SME

14 November 2024

Dear Parents and Carers,

Re: Year 7 & 8 Young Carers African Djembe Drum Therapy

We are excited to inform you that the Plume Academy are working in collaboration with Ace Music Therapy, who are offering a five-week course of African drum therapy sessions for our young carers. The sessions will take place in the academy and last for one hour on a weekly basis, run over the course of five weeks, and will be in a group setting. They will take place in lesson time on a Wednesday, alternating between period 1 and 4.

Group 1

Wednesday November 20th -12:25 -13:25
Wednesday November 27th - 9:30 -10:30
Wednesday December 4th -10:00 -11:00
Wednesday December 11th -12:25 -13:25
Wednesday December 18th - 9:30 -10:30

Group 2

Wednesday January 8th -12:25 -13:25
Wednesday January 15th - 9:30 -10:30
Wednesday January 22nd -10:00 -11:00
Wednesday January 29th - 2:25 -13:25
Wednesday February 5th - 9:30 -10:30

These sessions, called "beat retreat" and offer the young carers a space to express themselves and explore some of the challenges of being a carer. Ace Music Therapy supply the African drums, as well as other percussion to support the young people to express themselves nonverbally.

Sessions are for any student who has a caring role at home, including those with a sibling with special educational needs.

If you would like your child/ren to take part in this unique opportunity, please complete both the consent form from via the link provided by Ace Music Therapy and the return slip to the Plume academy.

<https://forms.gle/SLF1jKz26kzHE9uC9>

To find out more information about Ace Music Therapy, and how they help the local community, please visit their website on <https://acemusictherapy.co.uk/>

Once the numbers are calculated, groups will be arranged, and the students informed of which group they are in. They will be provided with a laminated copy of their timetable, which they can keep, reminding them of their sessions. If you could support the students by reminding them on a Wednesday morning, that would be

appreciated. The groups and times will also be displayed outside the main reception, so that they can check this first thing in the morning.

If you have any questions please do not hesitate to contact me on the following email j.frost@plume.essex.sch.uk or by telephone on 01621 854681 Ext's 8360/8213.

Yours sincerely,



Mrs J Frost
Transitional Safeguarding & Young Carer Coordinator

Plume Academy Workshop - Young Carers African Djembe Drum Therapy

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Please return the completed slip on or before 18 November 2024 to Reception, attention of Mrs J Frost, or via email to j.frost@plume.essex.sch.uk

Name:Signature:

Date:Child's name:

I would like my child to take part in the African Drum Therapy sessions.	
I do not want my child to take part in the African Drum Therapy sessions.	

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'Plume - Maldon's Community Academy' is the trading name of Plume School

Plume, working with:

