HARPNOTES

Newsletter of the Australian Therapeutic Harpists Association

Calendar of Events:

- All face-to-face events are dependent on the status of the Covid-19 Pandemic.
- + June 2020

Harp at the Dock Series - TBC

Deirdre May Webinar - see this edition for details.

+ April 2021

IHTP Level 1 & 2, ESM in Melbourne, Australia

Recent graduates.

No graduates this edition.



President's Report

It is my pleasure to present the ATHA Presidents Report for the first edition for 2020. It's been an interesting six months since our last newsletter. COVID19 has turned our world upside down and continues to do so. Nearly all hospitals, aged care facilities and medical care centres have postponed bedside/small group visits for the time being but some have taken up offers of CD's and harp videos. There are some members of ATHA, such as Shirley Allot (Healesville) and Louise Bell (Sydney) who have been busy creating peaceful harp videos. Others such as Lyn Evans (Adelaide), playing her harp on her front porch to cheer up the passersby, many of whom walked by, smiled, took photos, and chatted and Barb Wilson (Warragul) playing for the residents of the retirement village that she lives in.

Eighteen enthusiastic harpist were fortunate to meet in March for the first of the "Harp at the Dock" Workshops at Docklands library, Melbourne, with Peter Roberts and Anke Arkestyn, before the Library closed the following day. We're optimistic and hopeful that the library will reopen in the coming months and members will be notified of this. Disappointing also was the cancelling of our ESM in Melbourne last month but the ESM has been

rescheduled for 2021.

The ATHA committee meets monthly via Zoom and is diligently working hard on developing important documents of relevance for our members such as Ethics, Mentoring, Insurance, RPL, OPD, Promotional materials etc. As documents become finalised, they will be uploaded onto the ATHA website. Check the website from time to time for these updates.

On behalf of the ATHA I would like to acknowledge Carolann Wake her for her contribution to the Association since it's beginning, following her decision to step down from the Committee earlier this year. Carolann will continue to support the Association through her regular membership. I would like to welcome Jenni Sawell to the Committee and look forward to working with her in the future.

ATHA memberships are due from the 1st July 2020 and a membership form is attached with this newsletter for your convenience. As the Membership Secretary, I am in the process of updating all our members details, so would appreciate if you could complete the membership form, scan/photograph the form and forward through in order to update our records. I look forward to receiving your membership as your valuable contribution allows us to sponsor our Website, pay Insurance and annual fees to Consumer Affairs, subsidise great initiatives such as "Harp at the Docks" and develop resource materials to promote and support the work of our therapeutic harp graduates and students throughout Australia. We have 45 paid up members of ATHA and over 115 on our mailing list. These numbers will continue to grow as interest in therapeutic harp grows in this country.

Stay well and stay safe.

Christine Middleton - President.



Being at home much more has gifted me with time to explore and express my creativity with expanded freedom. Alongside my gratitude I am acutely aware that this is a privilege not available to many; and so I hold the affirmation that as we co-create the post-pandemic world: No-one is left behind.

Always savouring the changing light through leaves, clouds and windows, I've revelled in being able to grab the tripod and film these transient moments. Combined with my love of harp improvisation, there have been many contented, contemplative hours weaving music and art, whether my own images or those sourced from sites such as Pexels. I chose the Celtic Circle because it so beautifully expresses and supports our varying states of being.

May we continue to manifest "changing light" in ourselves and the world, with love, compassion, freedom, justice and healing music!

Blessings to all. Louise xx

The Therapeutic Harpist featured in this edition is Anna 'Linky' Muller

Therapeutically speaking, sounds more like playing.

Starting off as a wedding harpist at the age of 14 which is now over 45 years ago, I have experienced the anxieties of many a young bride and their mothers, planning the music for the big day. This in return has grown my repertoire of music to a room full of books and yet, every bride has a different "special song". This led to opportunities to play at many varied occasions in the circle of life.

When playing for the Lutheran Women of Victoria, I was comforted to see what the effect of the harp would be when I play therapeutically for a group instead of the performance style I was used to. Reading through the June 2019 newsletter of Lutheran Women of Victoria. I realised with surprise that people are talking about me. Wide eyed and a bit caught off guard as I didn't feel that I had done anything to create a stir, I was pleased to know that the therapeutic harp music was "moving and intriguing" as Jenny Gellert mentioned in her report.

Setting myself a challenge to play music with a meditative focus, is completely different from the wedding celebration music that I play at other times. It is free flowing or less structured to the listener at times as I try to incorporate snippets of songs they enjoy, but I do not make it the focus of the improvisation at the time. It is more a resonating effect with the person in front of me, focusing on their response rather than my musicianship. This may at time seem random, although I still understand the structure that I am working in.

Therapeutic Harp Music is based on the science of sound. It is live, acoustic music mostly played at the bedside of patients. The music helps provide an environment conducive to the healing process. It creates an atmosphere of peace and calm as well as synchronising the brain so that the listener is able to recall significant moments of life that may help the healing and bring peace. The music speaks for itself and is a non-invasive adjunct to medical care.

My experience started by volunteering in hospitals, at the home of church member seeking pastoral care, through pregnancy of some ladies and in the birthing suite. Also, in rehabilitation situations and as part of giving respite in aged care and in dementia care facilities. Harp music creates a calming environment for patients, families, visitors and staff. The vibrations that emanate from the strings, are absorbed by the body, and can be beneficial in many situations. The soothing sounds are of comfort to the dying, as hearing is the last faculty to go.

This is probably the most fascinating feature of live therapeutic music. I often have people tell me that they cannot hear when they are spoken to. Then when I start to play, they are the ones that show special appreciation as they can hear the harp. I remember being told that my music is too loud and

that I need to play less powerful on my blue harp, but it seems that my clients are attracted to the way I share the music with them.

My bright blue harp and my little shoulder harp work well when I have to be more mobile in smaller spaces, moving from room to room and from one care facility to the next. It creates a cradle of sound that brings respite for the person who cares for someone and an opportunity to speak about deep spiritual topics in the caring environment. Helping the client and their families to step into life again with hope in their heart. The music is like a channel for the spirit to connect to us when we feel vulnerable.

My weekly journey took me from East to West and around Melbourne towards Geelong and finally Torquay. Visiting aged care homes; care homes for Down's Syndrome/ Parkinson's and other full care residents. Palliative care, hospices and hospital wards. Now, as pastoral carer for Mercy Place I spend four days a week attending more closely to the spiritual needs of the residents; Wherever I go, the harp makes out a significant part of my work.

The main question when I walk into a room is "What meets me here today?". This question leads me to connect to the person where they are emotionally and find a way towards hope. This can only be done if I am connected to the Spirit. When I play for someone living with dementia, I add in a melody or a texture or a rhythm when appropriate to the situation. Some clients request classical music while others love Elvis or Doris Day or Ed Sheeran, when appropriate. I have now found a way to carry my iPad with me and my phone, to address the ever-presenting situation of repertoire that needs to suit the listener. Slowly but surely, music shelves are being digitised, making it easier to adapt to whatever request I receive.

In Newport, I care for a small home with 37 residents and play regularly in the lounge where the everyone has their own seat. This group is very unique as they have very few staff creating lifestyle for them, especially in the Covid-19 times. The residents are very vulnerable, as no volunteers are allowed to work there at the moment. Choosing a theme for the week and then starting to play meditatively. Then talking while I play when everyone is more focused, we discuss everything happy and sad. When they need a bit of laughter, the music and the conversation is lead in that way. The main aim here is to keep every person connected to the conversation. These sessions can take the form of mystery tunes or tune bingo or a music concert with classical music or musical anthems. Oh the stories I can tell about these sessions.... But alas what happens in Newport, stays in Newport.

When playing meditative music for a group as large as the one we had at the Lutheran Women's Convention it is fascinating to see the response from individuals, but also the group as a whole. They are so used to having everything connected to speakers that they feel a little uneasy when I say they need to focus as I am not plugged in. Creating a cradle of sound for a group that size, can be tricky as disturbances can be quite disrupting. However, when I remove technology and only use acoustic sound, everyone becomes centred into a sort of inclusive attention. Another interesting thing about this kind of music is that it stops when it is done. For me personally, it is as if the Spirit works through me, to connect with the listeners through a prayer that is conveyed through music.

My background as professional musician, teaching, kinesiologist, pastoral counselling and many other career paths I have taken through the years seem to all combine into a wonderful holistic healing

process. The core of which always resonates from the intention that is set in the space where the healing is experienced.



Linky and her harps.

If you would like to know more, feel free to contact me at: 0406994504; harplink@icloud.com; https://www.myharplink.com.

"Music expresses the things that cannot be said and on which it is impossible to be silent."

Victor Hugo.

ATHA Combined State Reps Report May 2020

Compiled by Jenni Sawell

TASMANIA

We have been well and coping as well as anyone with all the restrictions and changes. Hopefully things will ease soon and there will be a return to some sort of routine.

I have been continuing to teach online to those of my students who were able to or wanted to. I'm grateful to them as the structure of giving lessons has provided a routine. I've also run two harp workshops for some of my students where we have learnt some traditional tunes and developed improvising and arranging skills. People of all levels enjoyed being a part of an online group learning activity.

Re therapeutic harp I have been asked by the SoundWerk http://www.soundwerker.net/ facilitators, Lynda and Martha, to develop a face-to-face version of their level I course. So it's very exciting and I am in the process of writing that up. As far as I know I will be the only person in Australia offering that and I look forward to presenting it to groups when the time is right.

I am working on RPL for ATHA too, to become a full member. This will take a while to get the practical hours up.

Helen Morrison

VICTORIA

It is certainly a different time that we now live in. Interesting to observe how people are reacting so differently.

I went back to one of my facilities on the 4th of May, just to do one to ones. I will be there every Monday. I will not be doing any multi-instrumental concerts in the lounge areas at this point. I will return to another facility this Tuesday 19th May performing a multi-instrumental diversional therapeutic concert, doing some one to one visits and sitting in with the dementia specific area during the sun downer time.

Anke has returned to one of her facilities, and Bernadette has also returned to one of her facilities.

All the facilities have the same protocols. One has to fill in a declaration form stating that you have not been ill or returned from overseas, nor been with anyone who has had Covid 19. Temperatures are taken upon entry to the facility and it is expected that hands will be sanitized between every area.

In my first facility both staff and residents expressed their delight with my return. For me it felt so good to be wanted again and to return to somewhat of a more normal routine.

Garla Whiteley

SOUTH AUSTRALIA

The Covid19 restrictions in South Australia have considerably reduced the opportunities for the delivery of therapeutic music. Arts in Health at Flinders Medical Centre obtained a grant to fund a You Tube channel for the purpose of uploading videos to provide stress relief and relaxation for staff and patients. Lyn worked from home during the Covid19 restriction period and recorded several videos of mindfulness meditation with harp music. Some videos were specifically for patients of the Cancer Wellness Centre who could access the videos from home. Lyn returns to work at the hospital next week.

During Lyn's self-isolation she took the opportunity to provide harp music to people walking past her house. She set her harp up on her front porch with a sign attached to her music stand which read "Corona Cheer-Up" with the ATHA logo featured on the sign. She played a range of mainly 'happy' familiar tunes. People walking by waved and smiled, some stopped to chat, some took photos. All looked surprised. It was a way to connect with strangers and brighten their day at least for that part of their day.

Lyn Evans

WESTERN AUSTRALIA

A group of six harpists (including me) have been meeting on Zoom over the last couple of months to share our experiences, share information and test Zoom's suitability for playing live music. We called each other, played structured music, improvised music, glissandos and arpeggios and gave feedback about the sounds that do and don't work. I don't think anyone has started to offer online therapeutic harp yet, but people have turned to teaching online.

We have had sessions about playing improvised music for people in palliative care, learning to sing while playing harp and therapeutic harp counselling micro skills.

I have played for two morning stretch sessions that were livestreamed from the Facebook page of the Don Russell Performing Arts Centre, which is run by the City of Gosnells. I played lever harp for the first session and chimes and Reverie harp for the second session, while instructors demonstrated gentle stretches for viewers to follow.

I will be playing in the hallways at Kalamunda Hospital on the 28th of May, during Palliative Care week. I don't think anyone has been able to go into hospitals or aged care for a couple of months.

One of our members played harp at a Labyrinth in Bunbury for World Labyrinth Day.

Gatherine Lyons-Nash

NEW SOUTH WALES

Like many others, we have found ourselves 'on hold' this year.

During the decade's worst bushfires, January saw a postponement of Louise Johnson's Blue Mountains Harp Holiday, at which I had been invited to do an evening workshop on Harp Therapy and Improvising. We instead got together for a one-day gathering in Sydney to catch up and run through our Holiday pieces. I presented a short 'snap-shot' mini workshop and will do a longer, follow-up workshop when Harp Holiday resumes. Initially it was postponed until July, then due to Covid-19, postponed again until January 2021.

All of us in New South Wales have temporarily ceased our playing in Aged Care Homes and hospitals. My work will be resuming again shortly at Uniting Care on the Central Coast of NSW. I have been keeping my teaching going via Zoom for those that can manage it. I spent some time during lockdown making videos of myself playing and posting them on Facebook. This was therapeutic, for both myself and the viewers. I also took part in a global Virtual Choir, as one of the accompanying instrumentalists.

IHTP students all over the world have faced a new challenge this year of how they might get their Internship hours completed. Deirdre May, from Orange, NSW, came up with a creative new way of presenting her music, by making her own YouTube channel and uploading audio recordings of herself playing, to a backdrop of beautiful calming scenes from nature. This has resulted in her being invited to play via video link, for young patients and their families in a Children's Hospice in Queensland. Whilst one cannot practice 'Resonant Tone' or feel the emotions to the same extent as being there in person, this is a great way to gain experience and accumulate bedside hours. It opens up a whole range of new possibilities for students everywhere seeking to do their internships. Deirdre is planning to run a Webinar, to give technical advice on how to link the harp directly into the computer to get the best possible sound to play remotely for patients.

Her YouTube channel can be found at this link: https://youtu.be/aRUPH6N1MT4

Louise Bell made an offer to the Aged Care Residence where she normally works, to play remotely over one of their speaker systems, or to individuals in their rooms via phone or computer, but it wasn't taken up, probably due to staff being so overwhelmingly busy at the moment.

The services of Therapeutic Harpists everywhere will be so greatly appreciated once things begin returning to normal.

What a privilege for us to be able to offer such comfort and care at this stressful time in our history.

Jenni Sawell

CANBERRA-ACT

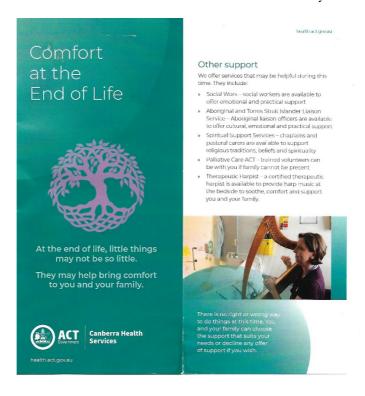
The Therapeutic harp program continues to support patients and staff at Canberra Hospital during the Covid 19 pandemic. Following a short break I am pleased to be back at work and broadening the service from predominately bedside visits to include playing in general ward areas, at nurses stations and in public areas. The feedback has been positive as staff say they feel calmer and less stressed following a visit. Gratitude cards have also been developed and left in staff areas to acknowledge their compassionate care and hard work during this difficult time.

Harp and palliative care.

A great deal of my work is in palliative care and providing comfort at the end of life. I attend a weekly multidisciplinary palliative care team meeting where I receive referrals and give insights into patients I have visited. This is a wonderful supportive team and I feel our service is valued.

Earlier in the year a new Comfort at the End of Life program and brochure was launched within Canberra Health Services. The brochures form part of an information package so families, friends and carers know what end of life services and support are available to them.

The therapeutic harp service was included as part of the care package and since the launch my referrals and recommendations have increased. I find it very rewarding work.



Intern program

The intern program is currently on hold due to Corona Virus but hopefully will be welcoming the next participant from Hong Kong in October.

Community

Away from the hospital I will be offering a new creative arts and wellness program for women living with breast cancer. This 8 week course will be a combination of learning the harp and creative arts projects.

This community project will commence once social distancing restrictions have been lifted.

Alison Ware

HARP at the DOCK

By Christine Middleton



The first of an exciting "Harp at the Dock" workshops was held at the Docklands Library, Melbourne on Saturday 14th March 2020. Eighteen harp enthusiasts attended the day to learn simple tunes, develop skills, meet other harpists and share the joy of our chosen instrument.

Peter Roberts, Thanatologist from Geelong, not only gave an interesting demonstration on the myriad of uses of the Reverie Harp, but also provided a fascinating and very personal talk on his work as a therapeutic harp practitioner for people at the end of life. www.robertsmusic.net

ATHA member and IHTP graduate, Anke Arkestyn, presented a fun and engaging "Rounds & Duets" workshop suitable for harpists at every level. Judging by the positive feedback on the day, the "Harp at the Dock" Program is set to be a successful fixture on the ATHA calendar.

Thank you for organising last Saturday's workshop. I got so much out of it for my own personal growth. It was delightful to meet other harpists and play music together. Also a great privilege to meet and hear Peter Robert's presentation (Margaret). Thanks for organising such a great day with a great and passionate speaker in Peter and Anke. It felt so great playing with a group of talented harpists (Janette). Thank you Christine, it was a fantastic day, very enjoyable and a great learning time. I played something at mass which we learnt yesterday and it went over very well (David)

Unfortunately, due to COVID19, the Docklands Library has been closed temporarily with "Harp at the Dock" Workshops being postponed until further notice. We are optimistic however, that when the library reopens, the Workshops will resume.

Thank you to all those harpists who attended the inaugural "Harp at the Dock" Workshops. A special thank you also to those of you who helped out on the day with setting up, collecting monies, providing food and generally supporting all the harpists. Your assistance contributed to the success of the day.

Deirdre May of 'Harp Music for Health' is presenting a webinar to show you how you can set up for improved sound for online harp music therapy sessions. This includes practical step by step explanation of the equipment required, how to set everything up and how to get started online.

It also explores the online session themselves from different perspectives and gives practical tips on how they can work best.

Looking beyond lockdowns and Covd-19, what are the future possibilities for an online harp music therapy practitioner?

There will be a question and answer session so either submit your questions beforehand by emailing harpmusicforhealth@gmail.com or ask them during the webinar.

https://facebook.com/events/s/how-to-set-up-and-run-online-h/548723762480446/?ti=as



Recognition for Therapeutic Harp in Aged Care

By Nicky Lock

Uniting Care has an annual celebration of service and excellence in Uniting Care facilities in different regions. I was greatly honoured to be nominated for an award for the volunteering I do at Uniting Wesley Heights, Birkley Road, Manly. I was shocked to hear that I had actually won, out of a great field of finalists in the volunteer category, which included a man who had been running an art program

for over 10 years. What I make of this, from both the citation and comments I received from management at the ceremony, was that somehow the work we do with harp in the aged care sector has a special and significant quality that touches people's lives deeply. Uniting have been very supportive of this work in the facilities that Jenni Sawell and I have contact with in the Sydney and Central Coast region: money has been found to employ a harp therapist one a day a week and we know we are both welcomed and valued by the facilities we work in. I hope this recognition of the value of what we do encourages others of you to approach your local aged care facilities and see what opportunities there may be for you!

Winners at the Uniting Belrose Cluster 2019 With Heart Awards



IHTP News.

Hello from the IHTP-Au Affiliate Representatives: Anke Arkesteyn, Anna Muller and Vimukti Warr.

We are currently working on registering IHTP-Aust and the new harptherapycampus.com.au website (thank you Anna) will be online soon. We will let you know when we are launching it. In the meantime, we are seeking any good quality images we could consider using on the website. Especially a horizontal format of a harp in an Australian setting, by the seaside or in the bush or the desert etc.

Also, any therapy images you may like to share. Please send them to Vimukti at vimuktiwarr@gmail.com asap.

In the next stage of setting up we will be expanding the team by reaching out to find mentors and consultants for the training modules.

MODULE 1 Training 2020

5-7 days (to be decided) Last week of November 2020

Christina Tourin will be joining us online so we can offer a Virtual gathering for those who cannot travel and for those who can we will meet at Anke's in Melbourne.

MODULE 2 Training (ESM rescheduled to) 2021

12th – 16th April: Module 2 Training/Refresher with Christina Tourin.

17th & 18th April: Weekend Gathering (IHTP Guest Presenters)

19th-22nd (with the possibility of the 23rd) April: Internship Training with Christina Tourin.

Hopefully we will be able to come together. If this is still not possible, we will meet up online instead. We are committed to helping current students graduate in good time, for practitioners to gain CEU's and for us to come together as a community.

Thank you.

Love from IHTP-Au Affiliate Representatives.

SUNSET THROUGH THE STRINGS

My pink harp and me in outback Queensland.

2020 was the year I was going to teach for 10 weeks in the central west region of Queensland, travel to India, Sri Lanka and the Maldives, travel to Iona and attend the International Harp gathering in Scotland and go to Spain to walk the whole Camino...

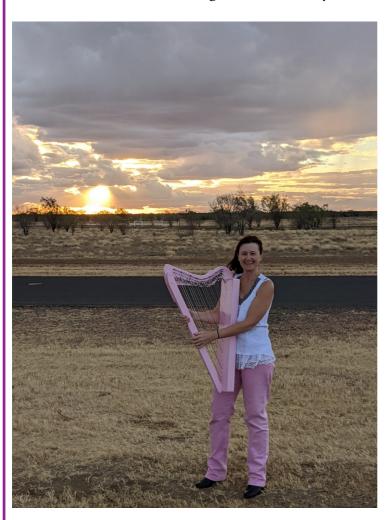
Then someone ate a RAT!

So, I find myself still border-locked in Queensland (since January), waiting to see my children in Sydney and looking to now work as an Instrumental Music Teacher in Yeppoon for the second half of the year. I'm very grateful to still have work as a DRT (District Relief Teacher) based here in Longreach, and tomorrow I start to travel to other schools in the region again.

I have taught in Alpha, Barcaldine, Aramac, Winton, Jundah, Longreach High School and Longreach State School - all the time meeting great people and students!

The experience continues to be amazing!

Amidst all the world changes and uncertainty, I do have my beautiful pink Harpsicle Harp!



I bought it late last year to learn and to take to Scotland in July 2020.

I was SUPER excited to be going to this event and couldn't wait to get on the plane, even tho I knew I would be completely out of my comfort zone! To go to Iona was going to be very special and I was very much looking forward to the whole experience.

Music is, and always has been a huge part of my life.

My main instrument is Voice and Piano and whilst I certainly still have my 'L' plates on, I have taken much joy in having my small harp with me here in the outback and practising and playing quite often. I've even had a virtual lesson with Jenni over the internet!

Music is such a great thing to be a part of and it provides so much joy to both the player and audience (however small at the moment!). I even decided to

learn, practise and play the Last Post and the Rouse for Anzac Day.

Even tho it's small, I'm thrilled with the resonance and sound that it's capable of, and I'm still very much a work in progress for most of my other repertoire! It's just great that I was able to easily bring it with me. I've just had to be a bit careful with the temperature range, but it's holding its tuning very impressively and I love it!

One of the main things I love is being able to hold it and hug it. You can actually FEEL the resonance in your body as you hold the instrument and I find this comforting and reassuring. When I can't physically reach out and touch my family as they are over 3000kms away, being able to hug my harp is lovely.

Longreach is a great community and was actually featured on the weather segment of the 'Sunrise' program this morning (Monday 18th) when they were going around the country doing a virtual alphabet tour. Longreach was the 'L!'.

My phone is completely full of sunsets and sunrises, plants and animals and the most amazing people and things from out here!

I do hope this little article finds all its readers safe and healthy and still playing their harps!

Songs 'n smiles,

Janet x

Advertisements



Tim Sheed, Portarlington, is available for Harp Repairs, Restringing, Levers and Harp Hire.

Contact Tim on 0438861271".

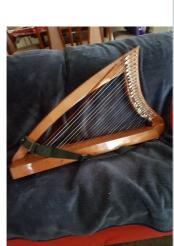
Rosemary Hallo has 2 harps for sale.

Her contact details are 0418827616 or email rosemary89@live.com.au

1.Lily Lap Harp made by Mikel harps

Price with carry bag and tuning key, and walnut stand \$1450

Walnut fully-levered.



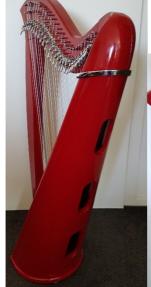




Strings Type:	1-22 Nylon 21-26 Sugar
Extreme Width:	53 cm
Extreme Height:	93 cm
Weight:	4.2 kg
Finish:	Walnut
Finish:	Walnut

Mikel Saffron 27 string harps with red legs, carry bag and tuning key. Used price \$1200.

Buyer to arrange pickup or interstate freight.







Strings Type:	1-22 Nylon 23-27 Sugar
Extreme Width:	60.3 cm
Extreme Height:	101.7 cm
Weight:	8.9 kg
Finish:	Red

Many thanks to all contributors to this edition of Harp Notes'.

Enquiries about ATHA can be directed to;

Christine Middleton - President. christine.mi@bigpond.com

Linky Muller - Secretary. harplink@icloud.com

Catherine Lyons-Nash - Vice-President clyonsnash@hotmail.com

Kerryn Viner - Treasurer. <u>beached@me.com</u>



MEMBERSHIP FORM

Membership is for a Calendar Year running from 1st July to 30th June

PERSONAL DETAILS			
Title: Name: _ Address:	Surname:		
Email:			
Mobile Phone No:			
declare that I am comr for the type of membe will comply with the appropriate profession professional developme	ome a member of the Australian Therapeutic Harpis nitted to the objectives of the Association. I declare thership that I have applied for and if applying for full real ATHA Ethics Statement, professional developmental indemnity insurance. If requested to do so I went activities and insurance.	nat I meet membershi nt require vill supply	the requirements p I declare that I ments and hold evidence of my
may be displayed in a	g photographed at any ATHA event and accept that phond advertising, on the website or on social media. (ATHA isplaying such photos).		Yes / No
•	Date: ase circle the payment you will be making		
Full Member	Graduate of approved therapeutic harp training program	\$90	
Associate Member	Students undertaking an approved harp training program	\$45	
Friends of ATHA	Anyone interested in the practise and promotion of therapeutic harp	\$30	

Donation	Donations are very welcome to support the work of ATHA Thank you for supporting the work of ATHA	\$
Membership is from 1 July to 30 June. Due date of payment is 1 July.		Total

DIRECT PAYMENT - can be made into the ATHA bank account from your bank, credit union or building society account

Bendigo Bank

Australian Therapeutic Harpists Incorporated

BSB: 633000 Account No: 163189897

**Remember to put your SURNAME in the payment description when transferring monies for easier identification

Membership fee \$ _____

Donation \$ _____

TOTAL PAYMENT \$ _____

WHEN COMPLETED, please scan or photograph the completed form and forward to the Membership Secretary membership@atha.org.au or 0419 526 550.