

# PHOENE CAVE

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Professional Organisations: Musician's Union, British Actors Equity, Natural Voice Practitioners Network,  
Health Professions and Care Council (music therapist), Complimentary &  
Natural Healthcare Council (shiatsu practitioner)

Clean driving licence                      Enhanced DBS (CRB)

Public liability and Professional indemnity insurance cover

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## Education and Training

**British Wheel of Yoga Foundation Course** 2015  
A 60-hour course exploring yoga in depth, including the history and different paths and schools of yoga

**Acquaviva School of Yoga** 2014  
Foundation training

**Therapeutic Songwriting Forum at Sobel House, Oxford** 2013  
Songwriting is now well established as one of the main pillars of music therapy practice alongside improvisation and receptive techniques. This two-day series of workshops will explore the process in depth, developing links with wider therapeutic and psychotherapeutic approaches. There will be opportunities to develop and refine new skills and to share existing skills and experience from practice with others.

**Pulse** 2010  
Vocal course for 12 professional singers run by Mary King at the Southbank Centre in London

**Diploma in Shiatsu Bodywork** 2008  
European Shiatsu School

**Core training for the voice** 2003/4  
Vocal Process voice production (Gillyanne Kayes and Jeremy Fisher)

**Certificate in Music Teaching to Adults** 2000  
University of London, Goldsmiths College, London SE14

**Postgraduate Diploma in Music Therapy** 1996  
Roehampton Institute, Southlands College, London SW19

**Bachelor of Music Degree (Hons) II.i** 1995  
University of London, Goldsmiths College, London SE14

# Work experience

## Music therapist

HMP & YOI Bronzefield, Ashford

2013 – present

- Delivering music therapy two days a week to individual prisoners struggling with emotional, behavioural psychological & psychiatric issues, such as OCD, ADHD, bi-polar, depression, addictions, personality disorders, PTSD. The majority of the women I work with have suffered some kind of physical, sexual or emotional abuse.
- Delivering two music therapy groups – one in the mother and baby unit, working with up to 10 mothers and their children (birth – 18 months) supporting attachment & bonding through singing, movement, songwriting and handheld percussion. The second group runs on the Healthcare unit supporting women too unwell (either physically or mentally) to be held within the general prison population
- I am entirely responsible for promotion and processing referrals within the complexity of a difficult working environment – a high security, category A establishment that holds around 500 women. Most of my clients are under 25 and many have been known to children's services, social services or been in the care system since adolescence
- Through a flexible client/needs-led approach, interaction may include:
  - Relaxation / Mindfulness meditation to allow sufficient stillness for focus
  - Yoga based physical movement to assist and ground scattered thinking
  - Breath and voice work to assist anxiety
  - Drawing & creative writing as a precursor to song-writing
  - Listening & talking about music to gain a deeper understanding of musical preference
  - Instrumental and vocal improvisation
  - Song-writing, using either acoustic instruments or music technology

## Positive current and potential outcomes of music therapy at HMP Bronzefield:

- Non verbal expression of difficulties and challenges
- Time out from a challenging environment
- One to one or small group space
- Choice and empowerment
- Connection and communication within a positive working relationship
- Listening and responding
- Self awareness
- A chance to be less guarded
- The opportunity to relate differently and not to be judged
- Coping strategies
- Potential insight into behaviour choice
- Self regulation
- Relaxation
- Creative work
- Pride in their achievement

## Head of Music Services Inner London

Nordoff Robbins Music Therapy 2010 - 2013

- Managing a team of 24 music therapists and admin staff
- Consolidating best practice, building a strong infrastructure in order to support extensive development
- Researching and developing potential new partnership organisations. Building on established music therapy practice as well as developing new and innovative projects within and beyond the London Centre
- Establishing areas of strategic development and instigating new areas of work

- One day a week spent delivering “hands on” music making and music therapy including ‘Inspire’, a Singing for Breathing group for older people with lung conditions, music therapy for adults and adolescents with mental health issues, and setting up and running a large inclusive community choir

**Teacher/Trainer**

Freelance

2000- present

- Funded by the British Association of Music Therapy to deliver 6 workshops nationally on facilitating voicework in music therapy
- Delivering a singing workshop in the Clore Ballroom at the Royal Festival Hall, Southbank centre London as part of the annual CHORUS festival <http://www.southbankcentre.co.uk/whatson/festivals-series/chorus>
- Co-hosting a workshop with Surrey Arts and Brighton based <http://wishingwellmusic.org.uk/on-combing-dance-artists-with-live-musicians-for-potential-projects-with-patients-with-dementia>
- Funded by the British Lung Foundation to set up a national training programme with supporting materials on how to run a SINGING FOR LUNG HEALTH group
- Vocal workshop leader on Singing For Breathing clinical research trial at the Royal Brompton Hospital in London working with patients with chronic lung disease. One-to-one work with cystic fibrosis patients and children
- Teaching vocals on the contemporary music degree at the Institute of Contemporary Music Performance in West London
- Teacher training for the Sing up! Programme & trainer and mentor for Trinity/Guildhall professional development programme
- Leading vocal workshops with KS1 & 2 across the borough of Lambeth, teaching songs for concerts for re-opening of Royal Festival Hall
- Five commissions from the Anvil in Basingstoke exploring voice, percussion, stories, timbre, pitch and dynamics with nursery school children
- Visiting singing lecturer for Music Therapy department at Roehampton University
- Vocal co-ordinator for the RNIB music day at the Royal Festival Hall
- “Rhythm and Song” performance and ongoing workshops for 7 to 11 year olds and older family members at the Landmark Arts Centre in Teddington
- Richmond Adult College – Planning/leading vocal improvisation workshops for jazz singers and tutoring students on the Access to Music course

**Consultant for Music & Health & Music education projects**

Freelance

2000 - present

- Secured funding from Wandsworth council to evaluate the need for community singing project in Roehampton and to set up a community choir - [www.altonsings.wordpress.com](http://www.altonsings.wordpress.com)
- Recording and producing a Singing for Breathing CD ([www.rbht.nhs.uk/about/arts/whats-on/workshops](http://www.rbht.nhs.uk/about/arts/whats-on/workshops))
- Delivering workshops and presentations nationally on Singing and wellbeing (medical students at Imperial college, London, respiratory nurses and physios (invited by the Association of Respiratory Nurse specialists), Sense of Sound in Liverpool, Sidney de Haan centre for arts and health and the British Association of Music Therapy)
- Consultant for Children’s Services at Richmond Council project initiating and project managing an outdoor play-space and sensory garden at a family centre. Managing a 6 figure budget, employing students at Kingston University to design and 6 artist/makers to create their vision
- Employed by Sound Connections as a Music specialist embedding music in a Children’s Centre in Richmond training early years practitioners to make music with the under 5’s. Ongoing training of nursery school practitioners borough-wide
- Vocal consultant/author on Jawbone’s book & DVD “The Band Bible” and the Rockschool vocal syllabus. Session singer for the accompanying teachers’ guide sold worldwide

**Singing team leader**  
**Vocal co-ordinator**

Richmond Music Trust

2001-2009

- Managing team of singing teachers.
- Planning and running whole class vocal KS2 programme for wider opportunities programme
- Training music co-ordinators and Heads of Music in the teaching of voice
- Teaching in secondary schools one to one and small groups, years 7 to 11
- Link with music therapy dept/working with clients from adolescent psychiatry and running a one term project with pupils from a special school, aged 12 to 16 yrs
- Co-organising the annual primary school singing festival culminating in choosing repertoire, running workshops and hosting a concert for over 1200 children at Richmond, Wimbledon and Kingston Rose theatres and leading a 500 strong borough primary choir at schools prom at Royal Albert Hall

## **Performing experience**

- 30 years experience as a professional singer. I trained classically in my teens and discovered jazz in my 20's and went on to become a successful vocal coach able to sing in a broad variety of vocal styles and set-ups including classical, pop, musical theatre and jazz. My teachers have included Louise Gibbs ([www.louisegibbs.co.uk](http://www.louisegibbs.co.uk)), Gillyanne Kayes and Jeremy Fisher ([www.vocalprocess.co.uk](http://www.vocalprocess.co.uk)) and Mary King ([www.marykingvoice.co.uk](http://www.marykingvoice.co.uk))
- During the 1980's I sang backing vocals and played keyboards with the pop/folk band "Ruby Blue" with national television appearances and sets at the Cambridge Folk Festival, King Tut's Wah Wah Hut in Glasgow and a variety of well known London venues including The Mean Fiddler, the Marquee, Borderline, Rock Garden. During the 1990's venues included the 606 Club and singing weekly in a jazz duo on the London Pizza Express circuit. I sang for 3 years with the Chateau de Berne Big Band at annual concerts in the South of France appearing with an international band of musicians. Recording and session work included recording vocals for a TV commercial jingle in 1997.
- I was a member of Voicelab at the Southbank, performing on the Queen Elizabeth Hall stage, supporting artists such as Sandi Toksvig, Paco Pena and Bobby McFerrin in smaller ensembles as well as singing traditional classical massed choir repertoire and performing in small vocal groups in the foyer of the Queen Elizabeth Hall.
- I currently perform with SOUND – a young and vibrant a cappella group based in London