

Creative Arts Therapies



Music Therapy



Dance Movement Therapy



Dramatherapy



Art Therapy



At Orchard Hill College you may be able to work with the Creative Arts Therapist to support your mental and emotional health.



If you are finding it difficult to talk about something, or feel worried or upset a Creative Arts Psychotherapist can help.



They can help you think about your feelings and thoughts.



You might think about difficult things in therapy.



It might feel hard at times, or you might want to stop.



But thinking about these difficult things in therapy can help to make sense of them.



The therapists use creative arts to support your therapeutic journey.



Therapy can involve talking as well.



You can choose whether to work with someone at college or outside college.



If you choose outside college, our Creative Arts Therapists will help you to find someone who can help.

Kingston Region Beaconsfield and Nightingales College



Amber de Polla
Music Therapist
ADePolla@orchardhill.ac.uk



Janet Palmer
Dramatherapist
JPalmer@orchardhill.ac.uk



Mycah Tequeron
Dramatherapist
MTequeron@orchardhill.ac.uk



Sarah Gummatt-Hart
Music Therapist / Vocal Psychotherapist
SGummatt-Hart@orchardhill.ac.uk
07471 636733

Southwark Region

Lomond House and Camberwell Road



Amber de Polla
Music Therapist
ADePolla@orchardhill.ac.uk



Ruth George
Art Therapist
RGeorge@orchardhill.ac.uk



Stephen Haylett
Music Therapist
SHaylett@orchardhill.ac.uk



Sarah Gummatt-Hart
Music Therapist / Vocal Psychotherapist
SGummatt-Hart@orchardhill.ac.uk
07471 636733

Sutton Region

VPC, Garrat House, Robin Hood Lane



Mycah Tequeron
Dramatherapist
MTequeron@orchardhill.ac.uk



Stephen Haylett
Music Therapist
SHaylett@orchardhill.ac.uk



Ruth George
Art Therapist
RGeorge@orchardhill.ac.uk



Sarah Gummatt-Hart
Music Therapist / Vocal Psychotherapist
SGummatt-Hart@orchardhill.ac.uk
07471 636733

Hillingdon Region Parkview Campus



Thomas Woodward
Music Therapist
TWoodward@orchardhill.ac.uk



Leidy Moreno
Art Therapist
LMoreno@orchardhill.ac.uk



May-Helen Torland
Dance Movement therapist
MHTorland@orchardhill.ac.uk



Sarah Gummatt-Hart
Music Therapist / Vocal Psychotherapist
SGummatt-Hart@orchardhill.ac.uk
07471 636733