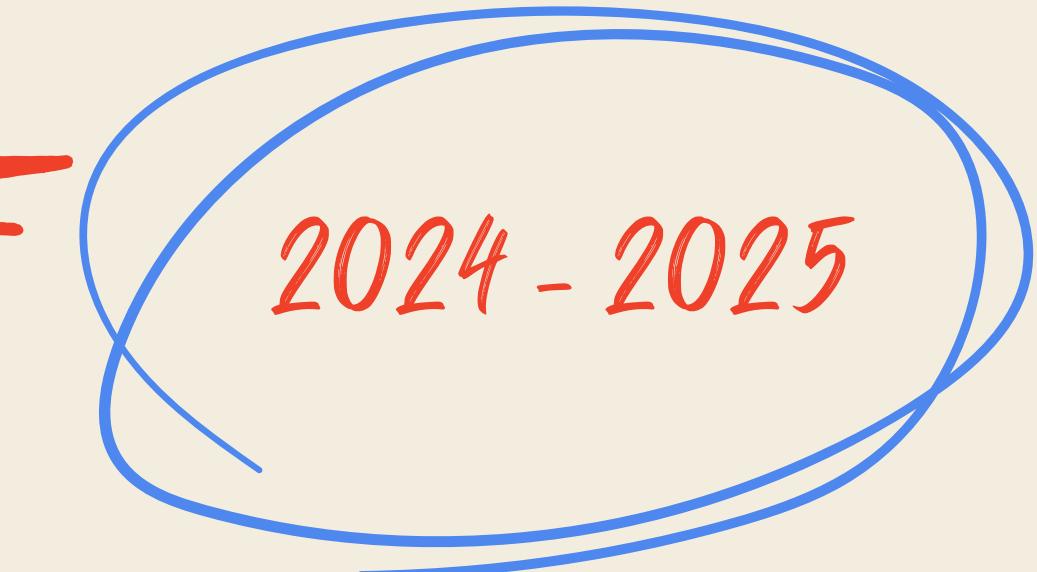




Impact Report



2024 - 2025



Who we are

At the Absolute Music Trust, we are deeply passionate about the transformative power of music. As educators, performers, and musicians, we witness daily how music can profoundly impact lives. Our mission is to create opportunities for those who may not otherwise have access to musical experiences, spreading joy, hope, and enrichment through the universal language of music.

We are dedicated to bringing musical enjoyment and engagement to the Dorset and Hampshire region, offering hands-on activities, interactive workshops, and personalized tuition for individuals and groups. We work with a diverse range of people, including children with physical disabilities, the elderly, young carers, individuals facing financial hardship, hospice patients, and those dealing with mental health challenges or addictions.

Through our work, we strive to enrich the lives of everyone we reach, helping them—and their families—discover and experience the profound benefits that music can bring. We believe that music has the power to uplift, connect, and heal, and we are committed to making it accessible to all.



What We Do..



Self-funded, one-to-one support across a range of clients.

Self-funded, SEN enrichment for schools.

Grants funded, music making and performance opportunities for people in recovery from substance misuse issues.

Grants funded, therapeutic music making for adults and young people with mental health conditions.

Recycling instrument through volunteering.

Peripatetic instrumental tuition.

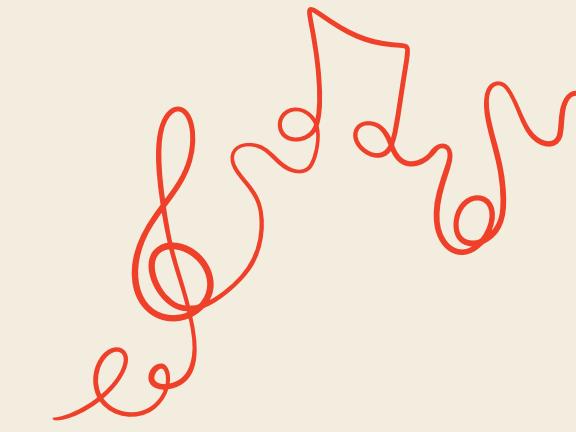
500+

**People have directly
benefitted from
participation**

19

**Musicians and music
teachers have benefited
from paid work through
teaching and projects**

Our impact



300+

**Workshops, 1-2-1 sessions
delivered**

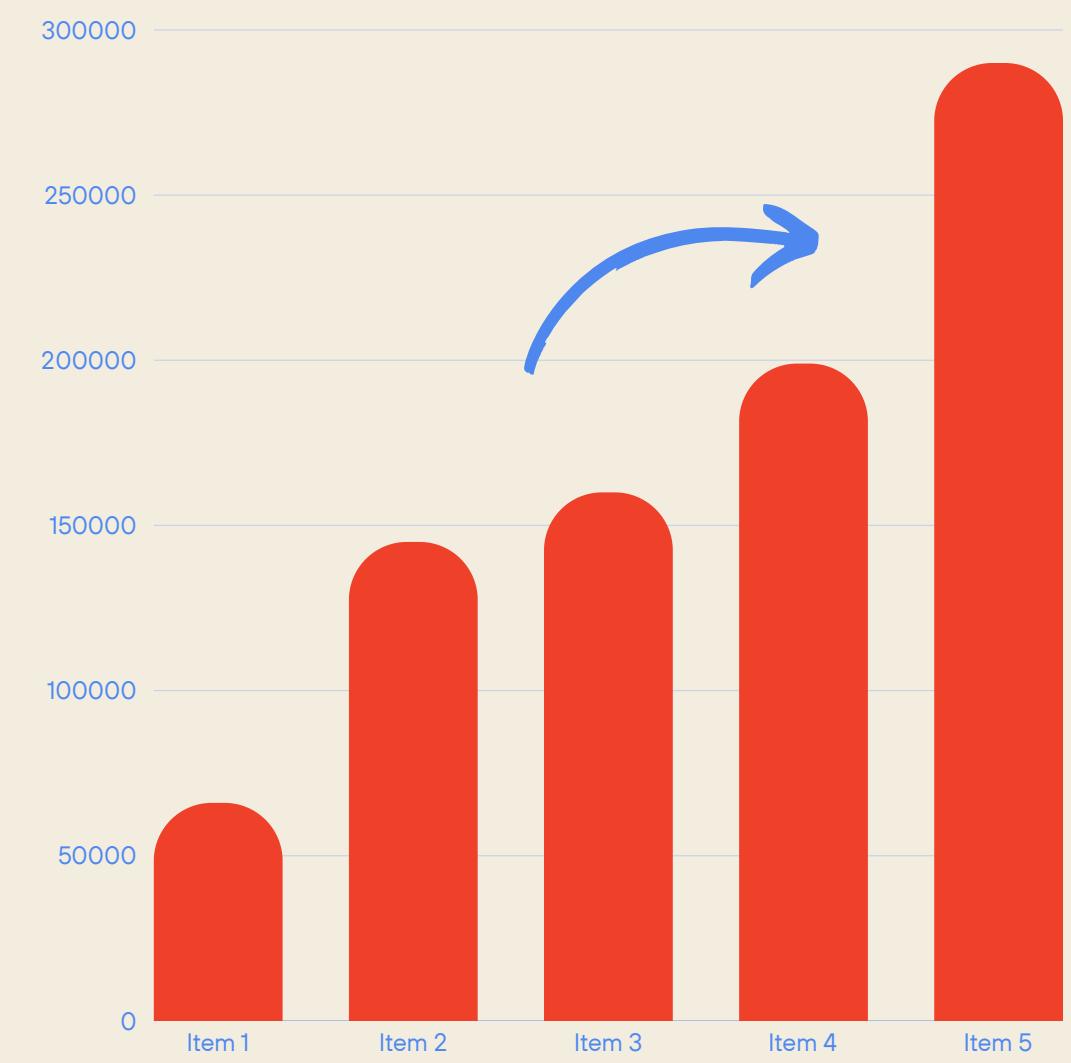


2024 - 2025

Growth

AMT Income has stabilised in the last year, while we continue to see ..

- Increase in demand for self funded projects, meaning we are becoming more sustainable in the future.
- Continuation of grant funded projects, and successful applications
- We have recruited an additional volunteer facilitator who we hope can develop into a paid role in the future.



Self Funded Projects



We work with groups, schools and individuals that pay our charity to provide therapeutic music sessions



Dorset Children's Foundation

We provide regular, fully inclusive music experiences for groups with profound and multiple learning disabilities, who face significant challenges with communication and may experience difficulties with vision, hearing, speech, and mobility. Many also have complex health and social care needs, so our sessions are thoughtfully tailored to enrich the lives of both our clients and their caregivers. These immersive experiences offer a joyful and creative outlet, fostering connection and enhancing quality of life for everyone involved.



St Annes

This project has proven to be remarkably successful, with the patient now participating in ongoing weekly sessions at AMS. For many involved, the experience has fostered a renewed sense of voice and belonging within a group—an especially rare and meaningful outcome in the context of forensic patients. Staff have expressed genuine excitement and pride in the musical output of their patients. The creativity and emotional depth showcased through these compositions have not only exceeded expectations but also offered staff a new perspective of their patient. This enthusiasm reflects a growing recognition of music as a powerful medium for connection, expression, and recovery.



Closer 2 Home

As part of our growing collaboration with mental health departments across the NHS, we recently completed a 15-week pilot programme focused on supporting young people experiencing poor mental health through music-making. This initiative was designed to explore how regular creative engagement could positively influence emotional wellbeing and resilience. While a full evaluation will be conducted at the end of the programme, early feedback has already highlighted its positive impact. Notably, there are indications that consistent participation in music sessions may have contributed to some young people remaining in the community rather than requiring hospitalisation. If this trend continues and is supported by evaluation findings, the programme has the potential to evolve into a rolling series of weekly sessions. These would be available for mental health professionals to refer young people into as part of their ongoing care and support strategies.



Self Funded Projects



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Neuro Notes

This peer-mentored band project is designed to support young people with Autism in engaging with regular music-making and structured band rehearsals. The initiative aims to nurture their musical abilities and build confidence, with the long-term goal of guiding those who show promise toward meaningful employment opportunities within the music industry. The participants have already performed at several gigs, showcasing their growth and talent. Thanks to a combination of external funding and self-generated support, the project is now thriving—allowing the group to benefit from double the input and guidance from their dedicated and inspiring mentor.



SWRAC

AMT has a longstanding partnership with SWRAC, providing short courses focused on group-based music-making. These engaging, performance-centred sessions often culminate in the creation of an original recorded song produced by each cohort. Designed to build self-esteem and foster a "can-do" culture, these sessions offer hope and motivation to young people aged 16 and over who are not currently in education, employment, or training, inspiring them to envision new possibilities for their future.



Bournemouth & Poole Council

We provide music sessions for pupils, many of whom face challenges within traditional school environments. These sessions offer a supportive and creative outlet where students can feel more at ease. Music has a powerful calming effect, helping them to relax, regulate their emotions, and improve focus. As a result, they often show enhanced concentration and engagement in other areas of their education.



Self Funded Projects



We work with groups, schools and individuals that pay our charity to provide therapeutic music sessions



SEN Schools

We are delighted to provide tailored music enrichment programs in several SEN schools, offering young people the chance to explore and create music beyond the standard curriculum. These inclusive sessions are designed to spark curiosity, build confidence, and inspire creativity, helping students engage more fully not only in music but also in other areas of their education.

The opportunity to access music with a professional musician has been hugely beneficial to my class. They have been able to experience composing a soundtrack to animations, turn their sounds into music and compose their own songs. These are beyond my skills and resources, so Jamie's presence has opened new avenues in which the students can develop skills and engage in music in a far more fun way than I could offer. Over the past two/three years the students have grown from not particularly acknowledging Jamie, and refusing to engage, to actively taking part, making their own songs, playing instruments, and singing. Music has become one of their highlights of the week.



121 mentoring and teaching

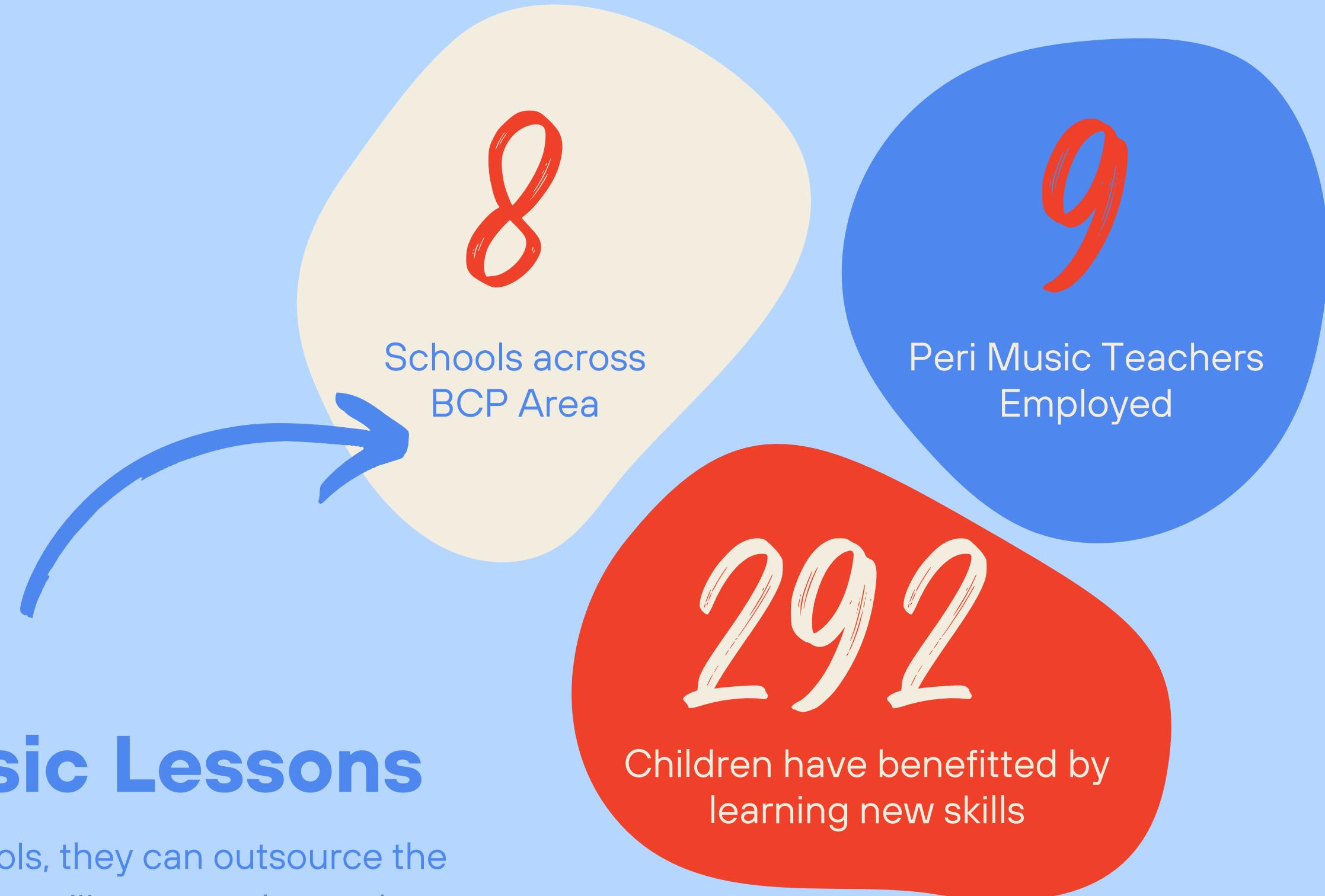
We provide vital support to individuals with multiple and complex needs by offering a safe, nurturing space where they can express themselves through music. Our personalised programme is designed to foster emotional wellbeing through songwriting and performance opportunities. By encouraging self-expression and reflection, we help individuals build emotional resilience, deepen their understanding of their personal experiences, and move forward on their journeys with greater confidence, clarity, and empowerment.





Peripatetic Music Lessons

We provide a music service to schools, they can outsource the Peri Music lessons in school to us, we will manage the students and supply the teachers each week in schools, inspiring and teaching children of primary school age across Dorset.



Grant Funded Projects

We have continued to apply for grant funding in the last financial year with successful funding from ASDA Foundation, Dorset Community Foundation and Allen Lane Foundation.

We have received in total £21000 from grant funding and hope to continue to find ways to source further funds to continue and expand our projects in 2026.

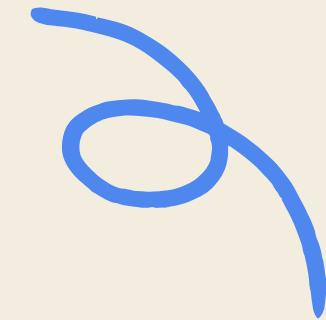


withyou

"With You" is a dedicated and inclusive commissioned service that provides vital support to individuals facing challenges with substance misuse and mental health. Their mission focuses on reducing the harm caused by alcohol, drugs, and mental health struggles, while fostering a supportive and inclusive environment for all.

As part of our collaboration with "With You," We continued to deliver this successful programme for a second year of music-making and songwriting sessions for their clients. These sessions have provided a creative and therapeutic outlet, allowing participants to express themselves, build confidence, and connect through music.





Thanks to the generous support from the National Lottery, AMT continues to deliver impactful weekly music-making sessions for the residents of Nightingale House. These sessions have become a vital enrichment activity, offering more than just recreation; they play an integral role in the psychiatric and mental health rehabilitation journey of patients.

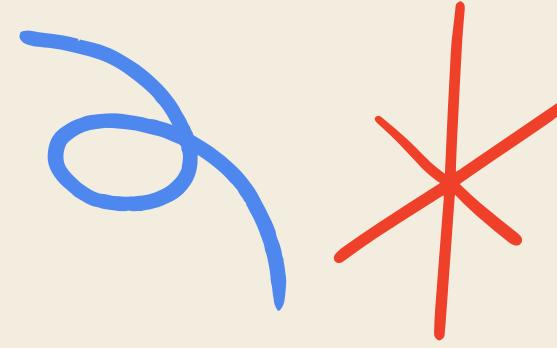
By providing a creative outlet, the music sessions encourage self-expression, foster a sense of achievement, and promote social connection, all of which are essential components of mental health recovery. Staff have witnessed increased optimism and emotional well-being of patients while the sessions also contribute to a more positive and supportive atmosphere within Nightingale House.

Furthermore, the benefits extend beyond the residents. The uplifting nature of these activities has had a profound effect on staff morale, instilling a greater sense of hope and fulfilment in their work. This dual impact underscores the importance of integrating creative arts into mental health care, demonstrating the far-reaching value of initiatives like this one.





Dorset HealthCare University NHS Foundation Trust



"We are pleased to have secured additional funding to continue our successful collaboration with the Assertive Outreach Team East and the Community Rehabilitation Team East. This initiative has received overwhelmingly positive feedback from both patients and their carers, underscoring its profound and lasting impact.

The group supports individuals living with Severe Mental Illness, many of whom experience low motivation, distressing symptoms, and significant social isolation. Through shared musical experiences, participants have found a sense of belonging and purpose. Many have expressed that being part of a collective, united by a love of music, has been deeply meaningful reflected in their consistent engagement and noticeable reductions in symptoms and isolation. Mental health practitioners have observed remarkable improvements in participants' self-confidence, willingness to engage with services, and overall daily functioning. These positive changes have also led to increased independence and reduced reliance on intensive mental health support. In several cases, individuals have progressed to lower levels of care or have been successfully discharged from the Community Rehabilitation Team East. Practitioners strongly believe that involvement in the music group has been a key factor in these outcomes.

This initiative has filled a critical gap in community support, offering a resource that previously did not exist. Its success highlights the transformative power of creative, person-centred approaches in supporting individuals with severe mental health challenges.

I was fortunate to attend a session 16/10/24, and found the commitment and enthusiasm of the staff coordinating the group and patients inspirational and contagious.

Such interventions align perfectly with recovery-oriented care, promoting holistic healing and fostering resilience. The team's dedication to delivering this group each week is commendable, as it contributes significantly to our patients' journeys towards stability and recovery.

Thank you for making a meaningful difference in the lives of those we support.





Thank you



For your support

