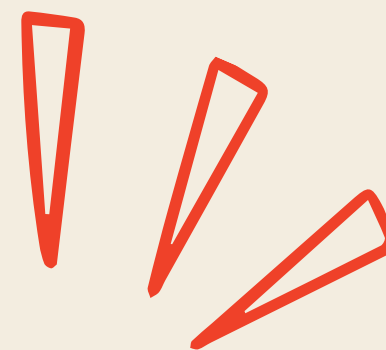




# Impact Report



2023 - 2024





# 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.

480+

**People have directly  
benefitted from  
participation**

300+

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

20

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

11.5k

**Peri music lessons taught  
in schools**

**Our impact**

2023 - 2024



# Growth

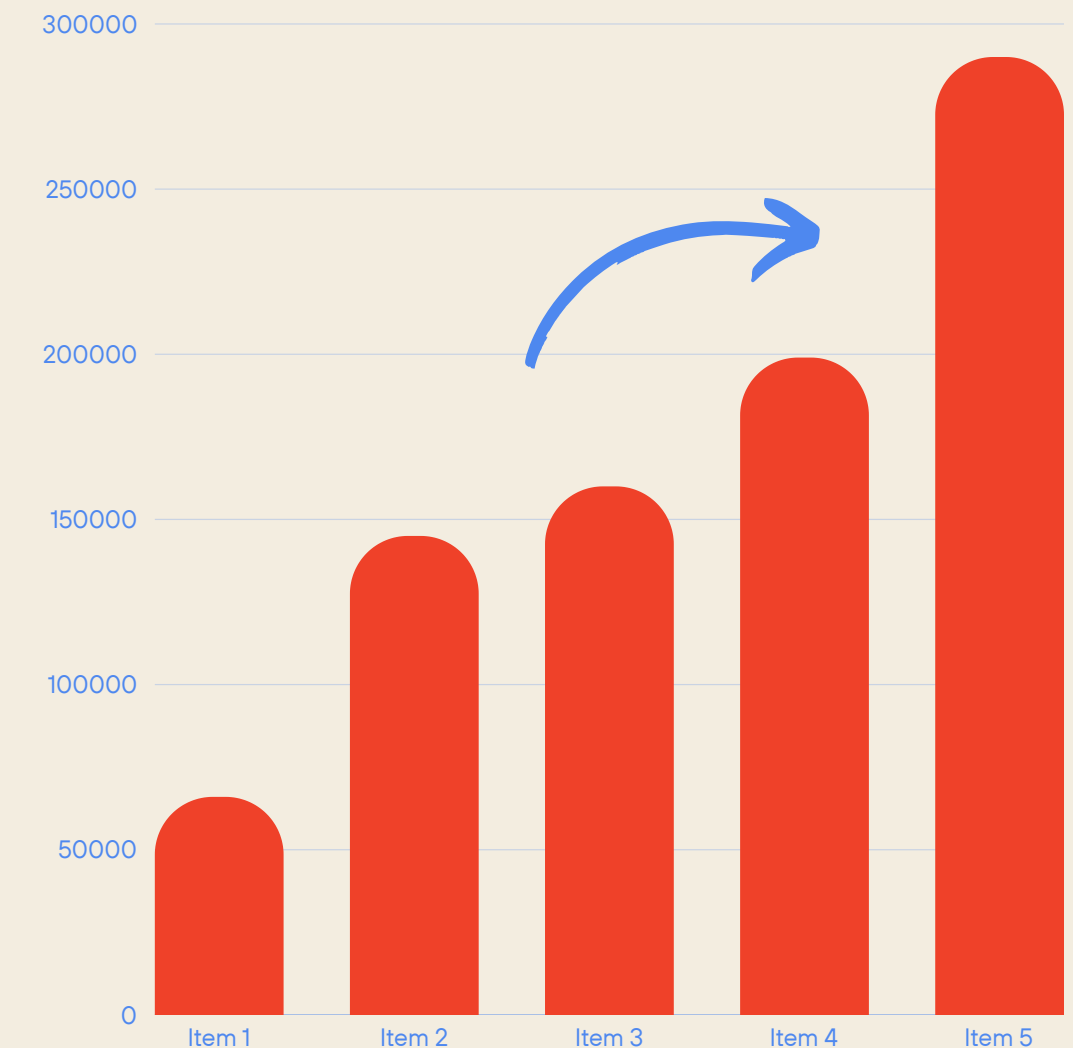
AMT has grown financially Increasing our income by £26k over the last two years.

- Increase in demand for self funded projects, meaning we are becoming more sustainable in the future.
- Increase in grant funded projects, enabling us to invest in more delivery in the next year.
- It has been necessary to contract additional music facilitators to meet demand on delivery.
- AMT have contracted a part-time charity manager to oversee projects and grant funding applications, to develop strategy for steady and sustainable growth in the future.



☺

Total Income 2023/24  
£96'232





# Self Funded Projects



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



## Dorset Childrens 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 partnership has led to regular songwriting sessions with forensic patients directly on the ward, creating a unique space for creative expression and connection. The patients have shown remarkable engagement, collaborating effectively, supporting one another, and often stepping into peer-mentorship roles. For many, this experience has offered a newfound sense of voice and belonging within a group—a rare and powerful achievement in the context of a forensic ward.



## Budwood Residential Care

We have worked with numerous young people in care, often described as "hard to reach." Our approach focuses on personal development and trust-building, using conversation and music-making as pathways to connection. Many of these individuals have experienced significant trauma and have been let down by adults in their lives. Through our trauma-informed practice, we approach each young person without judgment or condoning behaviours', creating a safe space for authentic engagement. This approach is vital in establishing what may be one of the few, if not the only, meaningful adult relationships in their lives at this critical time.

# Self Funded Projects



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



## Neuro Notes

A peer-mentored band, this project is designed to help young people with Autism engage in regular music-making and band rehearsals. Our goal is to support these individuals in developing their musical skills and confidence, with the ambition of guiding those who show potential toward meaningful employment opportunities in the music industry.



## 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

Looked after children/ Social care: We have cultivated a longstanding and positive relationship with the local authority, who deeply value our ability to informally educate and connect with young people in care and those considered hard to reach. Through our programs, we offer these individuals a trusted space for growth, engagement, and learning, helping to bridge gaps in support and create meaningful opportunities for personal development.

# Self Funded Projects

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



## 121 mentoring and teaching

We offer essential support to individuals with multiple and complex needs, providing a safe, nurturing space where they can express themselves through music. Our tailored program creates a supportive environment for cathartic songwriting, enabling participants to explore and process their emotions in a meaningful way. By fostering creative expression, we empower individuals to gain a deeper understanding of their experiences and navigate their personal journeys with greater confidence and insight.

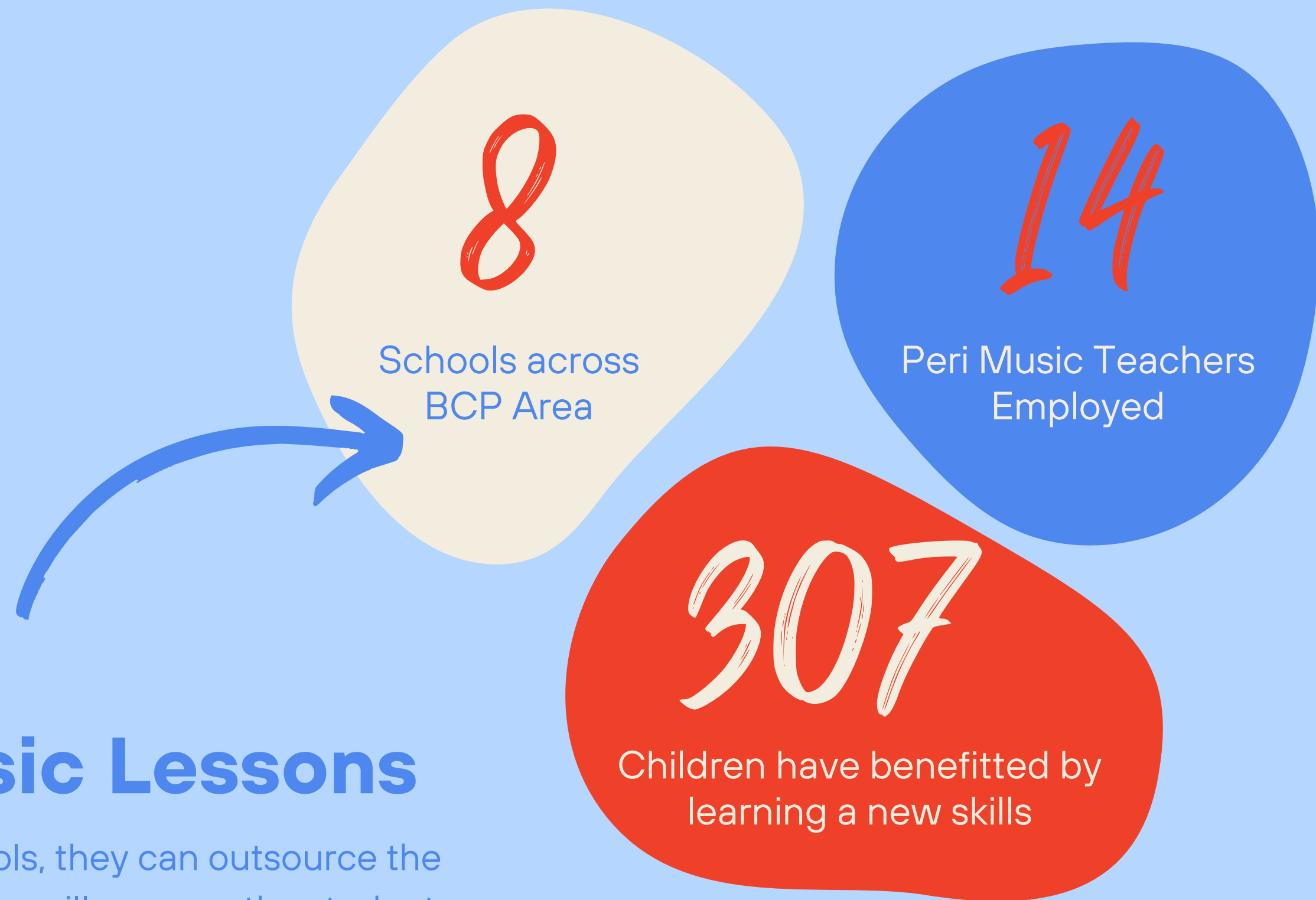


## SEN Schools

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.







## 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 made a significant change in 2023 by focussing some attention on securing grant funding for the delivery of projects. We have been grateful to receive funding from The National Lottery Community Fund, Talbot Village Trust, Dorset Community Foundation and Alice Ellen Cooper Dean Trust.

We have recieved in total £34000 from grant funding and hope to continue to find ways to source further funds to continue and expand our projects in 2025.



**Dorset  
Community  
Foundation**



**Talbot  
Village  
Trust**



**COMMUNITY  
FUND**







"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 have been facilitating regular drop-in 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.

This initiative will culminate in a special Christmas performance, where clients will showcase their talents and share their music with peers in a celebratory and supportive setting. Furthermore, early next year, those who contributed to the songwriting process will have the exciting opportunity to professionally record two original compositions at Absolute Music Studio.

To capture and reflect on the impact of this journey, we plan to use video documentation as part of our evaluation process. This will help highlight the transformative power of music and storytelling, offering valuable insights into the program's effectiveness and its positive influence on participants' well-being.







**Dorset HealthCare University**  
NHS Foundation Trust



Thanks to the generous support from the National Lottery, AMT has been delivering 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.

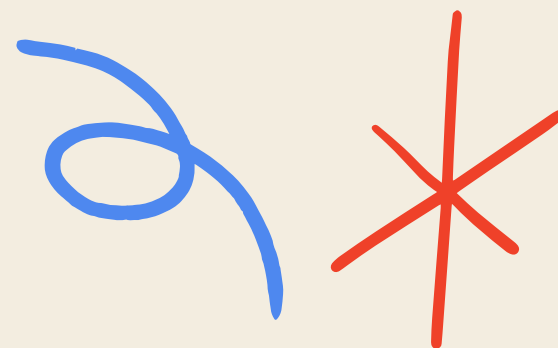
Furthermore, the benefits extend beyond the residents. The uplifting nature of these activities has had a profound effect on staff morale, instilling a greater sense of hope and fulfilment in their work. This dual impact underscores the importance of integrating creative arts into mental health care,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







**Dorset HealthCare University**  
NHS Foundation Trust



"This collaborative initiative with the Assertive Outreach Team East and the Community Rehabilitation Team East has been a resounding success. The overwhelmingly positive feedback we have received from both patients and their carers highlights the profound impact of this program.

The group comprises individuals with Severe Mental Illness who often face low motivation, distressing symptoms, and significant social isolation. Many participants have expressed that being part of a collective and sharing their love of music has been deeply meaningful to them. This sentiment is reflected in their consistent engagement and the noticeable reduction in symptoms and isolation. Mental health practitioners have observed remarkable improvements in participants' self-confidence, willingness to engage with services, and overall day-to-day functioning. These changes have been accompanied by decreased feelings of isolation and greater independence. In some cases, these developments have facilitated a step-down in the level of support required from mental health services, enabling patients to transition to less intensive care or even complete discharge from the Community Rehabilitation Team East. Practitioners firmly believe that involvement in the music group has been a pivotal factor in these outcomes. This initiative has successfully addressed a significant gap in the lives of many participants, providing a resource that previously did not exist within the community. Its impact underscores the value of innovative, creative approaches to supporting individuals with severe mental health challenges.

"The positive feedback we have received from both patients and carers has been unwavering and universal."



As a Team we have seen the impact of this is, with increased self-confidence, enthusiasm to engage with MH services, decrease feelings of isolation and an improvement in their day to day functioning.

'Its great, we make things and its fun, I look forward to it'  
'Its such a positive release'



# In My Own Words

Three distinct cohorts of young people—referred through CAMHS (Child and Adolescent Mental Health Services), the Space Youth Project, and BCP's looked-after children services—were invited to take part in a creative initiative focused on songwriting and video production. This project was designed with a strong emphasis on amplifying the voices of young people, providing them with a platform to express their views and share opinions on issues that impact their lives.

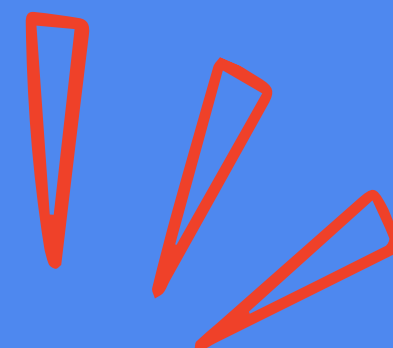
Through collaborative group work, participants were encouraged to explore and articulate their unique perspectives, fostering a sense of empowerment and community. Notably, the project demonstrated a positive effect on participants' mental health and emotional well-being, as evidenced by improvements recorded using the WEMWBS (Warwick-Edinburgh Mental Well-being Scale). This outcome underscores the transformative potential of creative expression in enhancing young people's mental resilience and overall well-being.



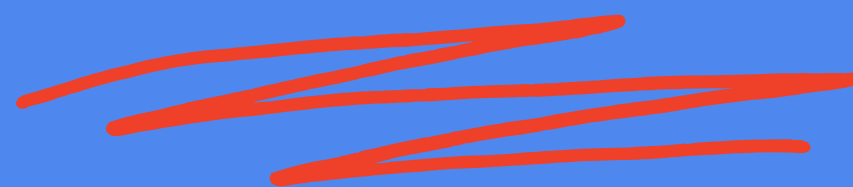
You can watch our  
video  
<https://www.youtube.com/watch?v=WTbpg6uHXFk>







# Thank you



*For your support*

