



Ace
Music Therapy CIC
Transforming lives through music

Social Impact Report 2025

Accessibility **Communication** **Expression**

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SOCIAL IMPACT REPORT 2025

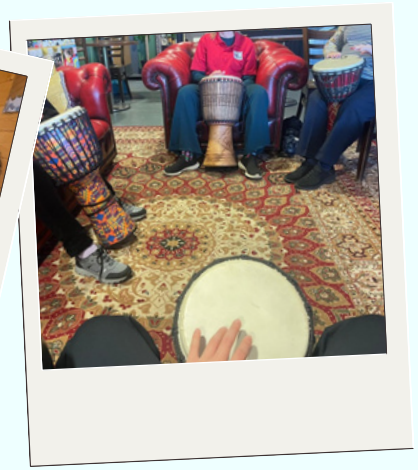
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Ace Music Therapy CIC is a social enterprise committed to transforming lives through music since 2017.

We deliver high quality and affordable music therapy services and community music groups across Essex, London, Norfolk & Online within homes, schools, healthcare settings, charities and community venues.

Ace also provides continued professional development, supervision and training opportunities for professionals.





CEO'S REFLECTION ON 2025

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2025 has been another busy and rewarding year for Ace Music Therapy CIC, as we continue to develop and grow our offering, offering spaces to connect, to play, to express emotions and sometimes simply, just to take a breath.



Lucy Dindoyal
Acting CEO (Maternity Cover)

We've continued to support young carers and adult carers with Beat Retreat, weekly drumming sessions that bring people together to share experiences and challenges, helping to combat isolation. Similarly, through our Rhythmic Breath programme, music, movement, meditation and breathwork have offered adults in the community a chance to pause, reconnect and be in the moment.

For families accessing Essex Activate, music and play have provided a different kind of space - somewhere children can explore and have fun, while parents and carers have a much-needed opportunity to regroup. It has been a privilege to witness some of the special moments that have emerged from these groups.

We have also developed new relationships with schools, bringing weekly music therapy to groups and individuals, creating opportunities for children to communicate, build confidence and explore their potential through music. Alongside this, our long-standing hospice work has continued, supporting children with life-limiting conditions and the families around them.

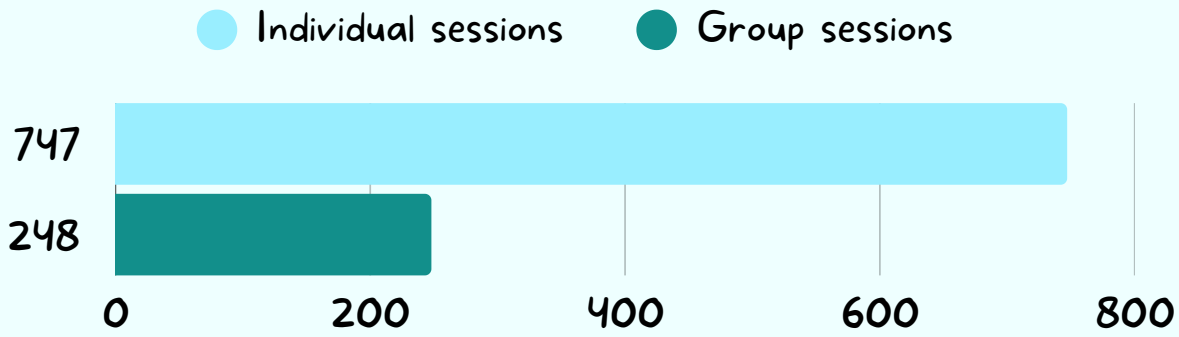
Our belief in the potential of every individual is the thread that runs through all of Ace's work, and it is a privilege to work with the music therapists, community musicians and volunteers who use the power of music to support children and adults to discover new and exciting ways to express themselves, creating possibilities and hope. Thank you to all our partners and supporters who make this work possible, and most importantly, to every person who trusts us to be part of their transformative journey

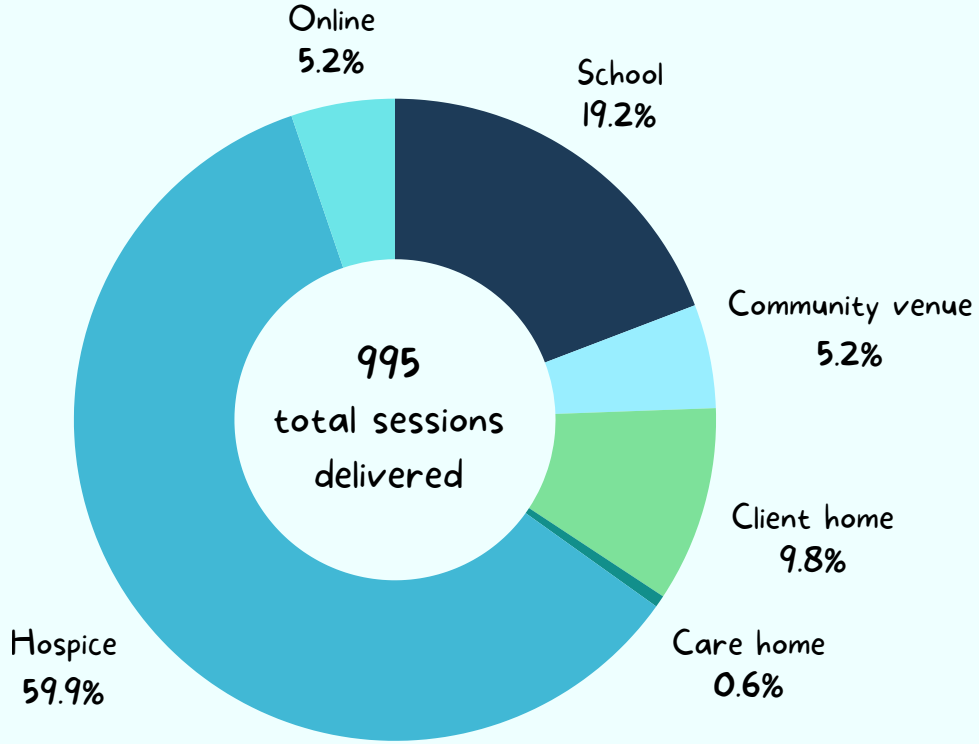
2025 STATISTICS

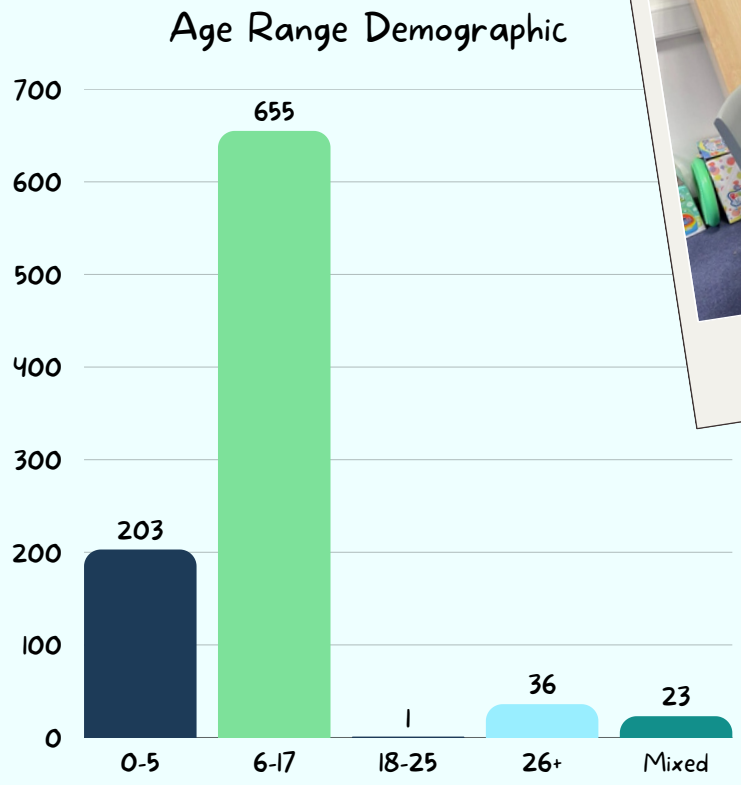
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SENIOR LEADERSHIP TEAM



Amelia Clapham
CEO + Owner
Senior Music Therapist



Lucy Dindoyal
Maternity Leave Cover - CEO
Senior Music Therapist
Non-Executive Director



Jon Crowther
Non-Executive Director
IT



Louise Warren
Non-Executive Director
Clinical
Governance/Safeguarding



Paul Redwood
Non-Executive Director
Procurement



Teri Olley
Non-Executive Director
Finance

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MEET THE TEAM



Amelia
CEO
Senior Music Therapist



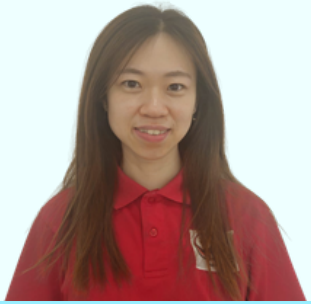
Lucy
CEO (Maternity Cover)
Senior Music Therapist



Annie
Senior Music Therapist



Alex
Senior Music Therapist



Mandy
Music Therapist



Cherry
Music Therapist



Aki
Music Therapist



Martha
Music Therapist



Saskia
Community Musician



Becky
Community Musician



Annabel
Admin Assistant

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2025 HIGHLIGHTS



ARU EVENT

In September, Amelia and colleagues attended Anglia Ruskin University's inspiring "Therapist as Artist" event, celebrating 30 years of music therapy training.

As an ARU alumni, Amelia was honoured to speak about her training and journey as a music therapist, alongside fellow alumni and friend, Izzy.

The day was a wonderful celebration of music, creativity and connection, and a reminder of the supportive community of music therapists that continues to grow.

Here's to the next 30 years of Music Therapy at ARU!

INTERNSHIP

Over the Summer we welcomed Jess, a music therapy student at Anglia Ruskin University, to Ace as part of the ARISE Innovation Hub Internship programme.

During her internship, Jess developmed our new data log, Social Impact Report and social media, bringing fresh ideas and enthusiasm to the team. She also supported our Essex Activate Summer programme.

We were so thankful to have had her on board this year!



BSW

British Science Week Event Day

In March, we were proud to be funded by the British Science Association to host a free event day in Chelmsford. Bringing together The Rhythmic Breath and Wiggles & Jiggles, the day explored how music can support wellbeing, connection and development, from supporting adults with stress and health challenges to helping new parents bond with their babies. It was a great opportunity to introduce new people to Ace and showcase the many ways music can positively impact our health and wellbeing.

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THE RHYTHMIC BREATH

Supporting wellbeing through music, movement and connection



In early 2025, Ace delivered an eight-week Rhythmic Breath music therapy programme for people living with chronic health conditions including Parkinson's, Fibromyalgia and Long Covid. The group provided a safe, supportive space to explore physical and emotional wellbeing through breathing exercises, meditation, sound healing, singing, gentle movement, musical improvisation, songwriting and conversation.

9	8	84%	100%	80%
People Supported	Weeks Of Music Therapy	Overall Participation	Made Progress In 2+ Wellbeing Areas	Made Progress In 3+ Wellbeing Areas

9 people took part, with an 84% overall participation rate. Most participants attended six or more sessions, with more than half attending all eight, despite many managing complex health conditions and challenges with travel and mobility.

The group became a place for participants to reconnect with creativity, build confidence and reduce isolation. One participant described how the sessions helped them rediscover their love of guitar and singing, while another developed their confidence in movement and group participation over the eight weeks.

A particular highlight was creating an original group song. Participants contributed lyrics, melody and instrumental accompaniment, drawing on positive affirmations developed during the sessions. The finished recording gave the group a lasting reminder of what they had created together and the connections they had made.

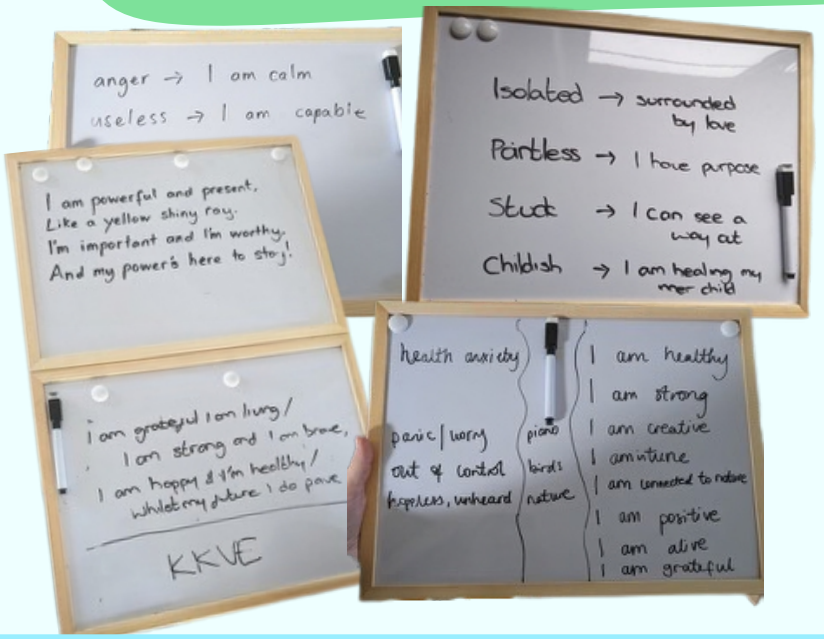
The impact was also reflected in our Outcomes Star data: of the five participants who completed both wellbeing assessments, 100% made progress in at least two areas of wellbeing, while 80% made progress in three or more areas.

Participant Feedback

"I have always felt most welcomed, fully included, and heard."

"The group made me want to be more positive. 'I can and I will.'"

"As I am generally, quite shy, I see this as demonstrating an increase in my confidence."



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ONLINE MUSIC GROUPS

Throughout 2025, our Short Breaks funded live, interactive music sessions continued - for children of all ages and abilities to explore and experience the joy of music!

SB Short Breaks for Children and Young People with Special Education Needs and/or Disabilities

Case Studies From The Online Music Therapy Groups

Case Study: M

M took part in virtual sessions co-led by a music therapist and community musician. Each session followed a predictable structure, beginning and ending with hello and goodbye songs, which helped create a safe and welcoming environment.

M was encouraged to choose songs and activities, confidently communicating his preferences and clearly saying when he did not want to participate. He also regularly shared news about his week and what he was looking forward to, providing opportunities to develop social communication and emotional expression.

M showed high levels of engagement in music-making, singing alongside the facilitators while exploring a range of instruments. He particularly enjoyed creating environmental sounds, such as trains and thunderstorms, using instruments to support imaginative and creative play. His excitement was clear through his smiles, increased energy and expressive playing.



The sessions provided M with a supportive space to communicate, make choices and express himself creatively. Despite participating virtually from his wheelchair, he demonstrated sustained attention, confidence and enjoyment, with the combination of structure and child-led choice helping him to feel empowered and engaged.



Case Study: N

N has been attending virtual sessions since September 2023, taking part in structured, creative music sessions led by a music therapist and community musician. The familiar hello and goodbye songs provide a predictable routine, with N actively joining in through singing, actions and playing instruments. She often continues saying goodbye at the end of sessions, showing how much she enjoys taking part.

N enthusiastically engages with different themes, bringing instruments and props to match each week's activities. She particularly enjoys hide and seek games, combining singing and actions with lots of laughter and excitement.

Over time, N has become increasingly confident in communicating her choices, clearly expressing when she does not want to participate. She has also developed her social communication, encouraging peers who are hesitant to join in and using words to invite them into activities.

N's regular participation has supported her verbal communication, social interaction and musical development, while giving her a space to express herself, build confidence and have fun.

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ESSEX ACTIVATE

2025 included another successful year of HAF Funded School Holiday sessions!

Department for Education







Sessions include:

- Music making
- Arts and crafts
- Movement and dance
- Mindfulness/meditation
- Free expression
- Sensory stories
- Improvisation
- Songs and games

In 2025 we supported 150 attendees in 22 sessions!

HolidayActivities

Essex ACTIVate

Since 2022 Ace Music Therapy have delivered Essex Activate Funded Music, Arts and Dance Sessions. We are passionate about creating interactive and inclusive experiences for children through music, movement and creativity.

Our **Essex Activate funded sessions** offer a space where children from the ages of 4-16 can explore, express themselves and build confidence - **all while having fun.**

Led by HCPC-registered Music Therapists and Community Musicians, these sessions bring together a variety of engaging activities alongside snacks & a hot meal. The sessions are designed to support **self-expression, emotional well-being and social connection.**

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WIGGLES & JIGGLES

Supporting mums and babies through music, movement and connection

In 2025, funding from the CO-OP Community Cares Fund (through Essex Community Foundation) enabled us to deliver a 10-week block of free Wiggles & Jiggles sessions for mums and babies in Chelmsford. Led by a qualified Music Therapist and Paediatric Physiotherapist, the sessions combined live music, baby massage and gentle movement to support early development, parent-child bonding and maternal wellbeing.

8 mums and babies took part, with the sessions providing not only opportunities for babies to explore music and movement, but also a welcoming space for parents to meet others, share experiences and build connections. The group was particularly important for families who may otherwise face financial or social barriers to accessing high-quality baby groups.





Parents particularly valued the live music, opportunities for their babies to explore instruments and the welcoming atmosphere. For some, the group was an important first step in connecting with other parents and attending a group independently.

5/5
Parent Rating For Enjoyment

"As a mum of 3 boys this was the first class I have attended without having a friend by my side and it was honestly so welcoming... it was a nice small environment and my little one was full of smiles throughout."

6 of 7 Parents rated the impact on their wellbeing **5/5**

The impact extended beyond the sessions themselves. Parents received resources to use between groups, including professionally filmed materials that can continue to support families and future Wiggles & Jiggles groups.





Strong referral routes through friends, the Family Hub, health visitors and social media also helped connect the group with families who could benefit most. The project also strengthened Ace's relationship with Chelmsford Community Church, who provided a local and accessible venue.

One parent summed up the experience simply:
"Gutted it ended."
For us, this says a lot. Wiggles & Jiggles became something families looked forward to each week: a chance to play, connect, learn and feel part of a community.

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HOW CAN YOU HELP?

1 Fundraise

Your support, whether through an event, a sponsored challenge or sharing our donation page directly impacts the lives of the individuals we support through music therapy.

2 Donate

Any contributions to our People's Fundraising page help us run free community groups and expand our reach, no matter what size.

3 Support our Socials!

A simple like, comment or share on our posts costs nothing and increases our discoverability by introducing our services and music therapy benefits to others.

Find us on social media
@acemusictherapy

4 Use Easy Fundraising

You spend, brands donate! Raise money for Ace while shopping online at no extra cost via www.easyFundraising.org.uk.

5 Review

Your kind words on Google reviews boost our visibility and spread our message of transforming lives through music.

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THE ACE AIMS

We pride ourselves on ensuring that our services are accessible to all people

Accessibility

Communication

Expression

We are passionate about helping people to develop their communication skills through music

We give our clients a space to express themselves and their emotions

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Find us on social media **@acemusictherapy**

Scan to learn more about how we transform lives through music: