

Legacy impact report 2002 - 2026

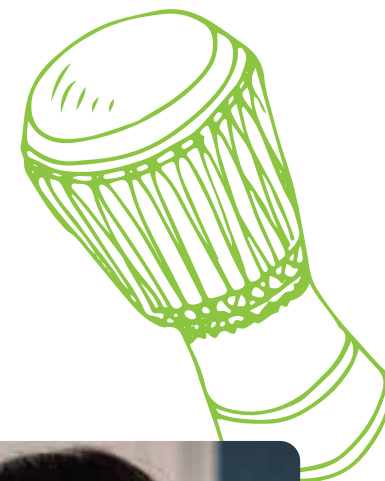
Executive summary

Soundwell Music Therapy has been the only music therapy charity in the UK specialising in adult mental health support. We have supported approximately **2,500** people across the South West since 2002, offering a range of music therapy services.

We have worked with adults with mental health needs and unpaid carers and the vast majority of people have reported positive outcomes. Over the past two years regular participants at mental health groups have shown evidence of:



These improvements and shifts, even when seemingly small, can be life-changing for participants. Progress can also mean that someone has the confidence to begin other community groups, start volunteering, return to work, or that they are able to maintain their health well enough to stay in, for example, employment.

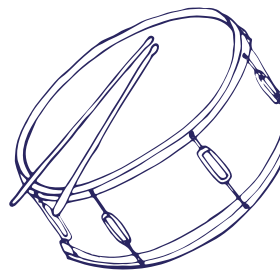
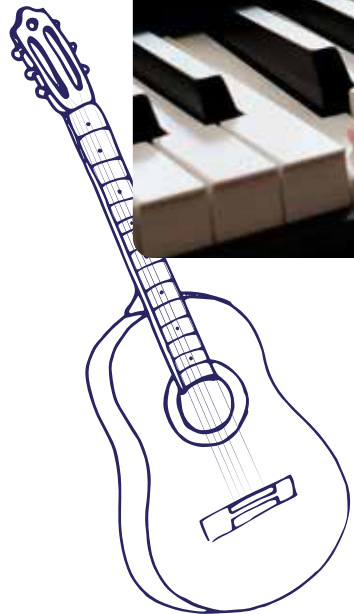


Our services have evolved over the years, from long-term weekly groups to a service model with 20-week music psychotherapy groups, monthly open groups, and fortnightly singing for wellbeing sessions. We have also run outreaches and pilot projects with other organisations and offered individual sessions. Service development has been informed by participant feedback, to support people's individual recovery journeys, allowing choice and different ways to take part.

The closure of Soundwell will leave a significant gap in community music therapy provision across the South West and will be sorely missed by those we support. The benefits of music therapy for mental health support are well documented, particularly for people experiencing psychosis, depression and anxiety. Music therapy fits naturally into a trauma-informed approach, the recovery model of mental health, and at Soundwell, is underpinned by psychodynamic thinking. Music therapy can help prevent mental health deterioration, having a huge impact on an individual's quality of life.

We would like to thank everyone who has been involved since the beginning of our journey – we have done some incredible work together!

For the full legacy impact report, please click [here](#).



"There has been a joy to being able to use any musical instrument available. It's been so permissive, supporting and allowing. I know that it's been helping me work through and heal complex childhood trauma. I am very grateful for the experience. Thank you."

Participant feedback

"I'm incredibly socially anxious, have no self-confidence, and am becoming more mentally unwell, but these sessions give me hope."

Participant feedback

"Soundwell has been a lifeline for so many, a meaningful and safe space where individuals working with complex needs have been able to find connection, expression, healing, and growth. Its impact has been immeasurable."

Natalia Higginson, Complex Psychological Interventions, Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)