



IMPACT REPORT 2025

Registered Charity No 1178401





Who We Are

The Otakar Kraus Music Trust (OKMT) is based in the London Borough of Richmond-upon-Thames. It delivers inclusive music therapy and creative music projects for people of all ages with physical, learning, neurological or psychological challenges, in order to improve their wellbeing.



Our Vision

To ensure that everyone has access to affordable music therapy helping to improve their quality of life through creative and participatory music making.



Our Aims

To provide early intervention for children and young people with disabilities and additional needs to support their development and give them valuable life skills

To improve the communication skills and mental wellbeing of adults with disability or illness

“Our daughter can show the world she is more than her diagnosis”



Our Impact In 2025

During 2025 OKMT provided 1-1 music therapy or small-group music therapy for toddlers, children, and young people with disabilities or communication delay, young adults with learning disabilities, adults with neurological conditions such as stroke or Parkinson's, and elderly people with dementia.

We ran new music therapy sessions with **Crossroads Care** for carers and for people with dementia, including early onset.

At **OK Music School, OK Youth Choir & OK Ukulele Group** children and young people with disabilities learned to play a musical instrument or sing. Our new **OK Music Collective** enabled adults aged 18-30+ to socialise and play music together. All groups performed in our summer and Christmas concerts.

Our work helped people of all ages to express themselves, build confidence, create meaningful connections and feel happier.



2,981
music
sessions

502
people
helped

1-1 Music Therapy

Music therapy is an NHS recognised psychological therapy supporting people of all ages with learning, physical, neurological or emotional difficulties. It can help to reduce anxiety and improve communication, social interaction skills and emotional well-being. We provided 1-1 music therapy for 52 people, also working in care homes and schools including Lowther School in Barnes.

Case Studies

R received music therapy after childhood trauma and emotional insecurity, to support her wellbeing. Through musical play and creative expression, she improved in focus, self-regulation, and engagement. Themes of love and connection emerged, indicating resilience. Music therapy offered a safe, non-verbal space for processing complex feelings.

N is a highly energetic 3 year old child who had not yet spoken. Through a vocal-based musical approach, he began imitating sounds, marking early steps toward speech and increased engagement. He was able to sit more calmly, connect with instruments, and explore expressive communication in a safe, enjoyable way.

“The music therapy sessions have been incredible. It has meant we are able to reach families that before now were slipping through services.”

Early Years Music Therapy

Group music therapy for toddlers with communication or developmental delay in Richmond Borough's Children Centres, in partnership with Achieving for Children, in order to improve engagement and interaction.

87%

of parents said the sessions encouraged spontaneous and creative play

75%

of parents said their child showed improved eye contact and turn taking skills

70%

of children showed improved motivation to interact and participate



22 children aged 1-4 attended

"It feels a bit magical watching the children grow in confidence as they learn to interact with each other and participate"

"The music sessions helped build his confidence and enabled him to access small group sessions"

OK Music Club

Small music therapy groups at Skylarks Charity, for children with additional needs, to encourage creativity and communication, using percussion, keyboard and sensory lights.

89%

said their child showed improved social interaction skills such as taking turns or listening to others

84%

of parents said their child showed increased confidence

80%

said their child showed improved ability to focus and follow instructions

163 children attended

"This is my child's favourite activity and the only one she is able to stay focused on from start to finish"

"K loves coming! It is an all-inclusive, active and full of energy session"



OK Music School

Children and young people with disabilities are taught by qualified music therapists and teachers to play a musical instrument or sing and perform in public. We held 2 wonderful concerts in Summer and at Christmas, where pupils performed with joy and pride. Pupils continued to make progress in learning music and some performed in 4 community events in the Borough.

100%

of pupils showed
increased
confidence

92%

of pupils showed
improved
concentration

76%

of pupils showed
improved mental
wellbeing



93 pupils attended OK Music School

60 performed in our concerts

7 pupils passed music exams

“His confidence has rocketed! It is exciting to see the changes in him now he is having specialist music lessons.”

OK Music School Case Studies

J is 13 and has Down's Syndrome. He loves rhythm and drumming and joined OK Music School in September 2025. He looks forward to his lessons and in just 3 months, was ready to perform in our 2025 Christmas Concert with his teacher, Oscar. He loved playing drums to the song he chose himself - 'Celebration' by Kool and the Gang!



K has attended OK Music School since 2013, passing Grade 3 Violin and Grade 6 singing. She has faced the challenges of autism and ADHD, but was recently accepted to study music performance and technology at university, despite not making all her grades. Her grandmother told us:



"They saw her ability and love of music, nurtured by OKMT, and thought outside the box and offered her a place to study."

OK Youth Choir

For children and young people with additional needs and their siblings to enjoy singing and performing together. The choir performed in our Summer and Christmas concerts in 2025, as well as at the Kew Gardens Community Open week.

100%

of pupils said that the choir reduced isolation

85%

of pupils said it helped them talk to people more easily

80%

said their confidence was improved



21 children and young people attended

"It gives her structure and a happy medium between learning and socialising"

"I really like being part of a group"

Online Ukulele Group

Online ukulele lessons for children and young people with additional needs and their siblings, led by Tara Maysey of the London Ukulele Project. The group performed at our Summer and Christmas concerts, and at Kew Gardens Community Open week.

9 children and young people took part

“Even when G is feeling tired and fed up, ukulele class always cheers him up and makes him smile.”



OKMT Workshops

OKMT provided music therapy sessions and bi-weekly drumming sessions at TAG Youth Club for young people with learning and other disabilities. We also ran occasional music therapy and drumming workshops with RUILS and 21 & Co for young people with learning disabilities and their families and drumming workshops for young people and adults at the Activity Station in Barnes.

59 children and young people attended



OK Music Collective

A new music group for young adults aged 18-30+ years old with additional needs. For existing OK Music School students, as well as other young adults with an interest in making music.

100%

of parents / carers think it has improved their young person's confidence and self esteem

90%

of young people had improved mental well-being

90%

of parents / carers said it has reduced their young person's social isolation and helped them make friends

13 people attended

"M looks forward to attending each week and comes out of the session happy."

"My daughter loves the social and music side of things, and has met up with some members outside of the group which is lovely."



OK Music Group

A music therapy group for adults with learning difficulties, held with Richmond Mencap, to help them express themselves, gain confidence and bond with others.

100%

chose the Happy smiley to describe how the groups made them feel

80%

said the group made them feel relaxed and that they had friends

70%

said they felt proud and could do something they couldn't do before



12 people attended

"I love everything about the group – it really makes me happy to see everyone, my friends, and to make music together"

"I love it when we all talk and then play instruments together"

Neurological Music Therapy

We ran groups for people with neurological conditions with Integrated Neurological Services, some alongside a speech therapist and some with an occupational therapist, helping to improve communication, cognition and movement. We also ran a pilot project for a choir for people with Parkinson's.

90%

had improved
breathing or vocal
production

80%

had improved mood
and had bonded
with others

60%

had improved
cognition

50%

had improved
mobility

30 people attended

“Exposure to different types of music and instruments adds variety and improves alertness and cognitive ability.”

“The setting couldn't be friendlier or more supportive.”



Neurological Music Therapy Case Study

F has Parkinson's and Lewy Body Dementia, affecting his mobility, speech and daily tasks, and often leaving him feeling low and tired. Music has always been central to his life, having managed a baroque group, and worked for Radio 3. Attending a joint music therapy and speech group with OKMT at INS, he found singing and voice exercises especially helpful, improving his confidence and vocal strength.

The group included some choir sessions, which lifted his mood and helped him feel more socially connected, and able to build skills. Receiving a donated guitar from OKMT also brought him renewed pleasure and a sense of identity. As his wife said,



"It saw him as a person rather than a diagnosis, and reflected his previous skills and interests."

OK Music Harmony

We ran bi-weekly groups for elderly clients of Homelink Day Respite Centre with dementia and other conditions, allowing self-expression and reducing isolation. We also ran a monthly group for clients and carers helping to improve emotional wellbeing.

20 people took part in music therapy groups

Carers were given the opportunity to meet others and share experiences

Music reduced anxiety and enabled clients to share memories and connect with others

Singing together and playing percussion helped to lift mood

“We love interacting with other people and playing different instruments”

Crossroads Care

We ran weekly groups for clients with dementia, at the Crossroads Care Caring Cafe, and monthly groups at the Sheen Lane Day Centre for clients with Dementia.

34 people took part in music therapy groups

“My husband is now joining in with the words of a song, and enjoying the familiarity of the songs he knows”



Contact Us

 07856 876968

 info@okmtrust.org.uk

 www.okmtrust.org.uk

