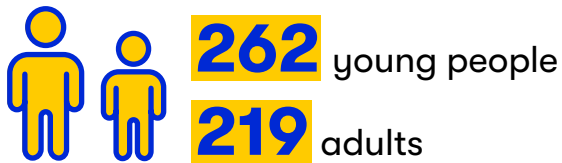


Our year in numbers

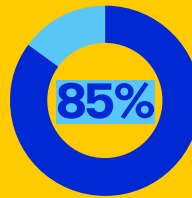
We have supported
481 people



There is strong interest and demand for our programme



308 referrals received



(262) of those referred met our participant criteria and were successfully enrolled onto the programme

We have worked across
London and the North West

Delivered 28 programmes

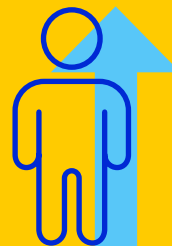


Wellbeing



61% of young people reported improvements in Wellbeing

Resilience



58% of young people reported improvements in Resilience

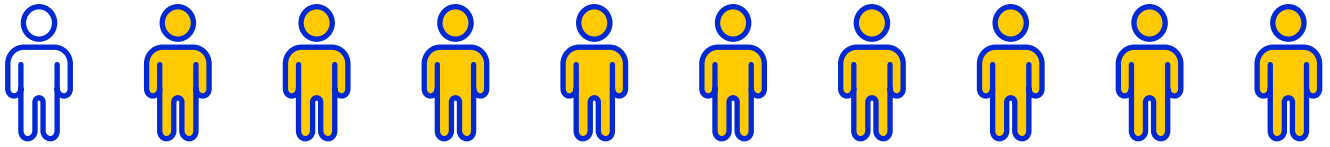
Emotional Regulation

56%

of young people reported improvements in Emotional Regulation



Through teaching essential coping skills, our programmes empower young people to navigate life's challenges:



9 out of 10 young people report that they used the coping skills they learned with Khulisa after the programme ended

Maintained since 22/23



91%

of young people reported feeling safe and not judged



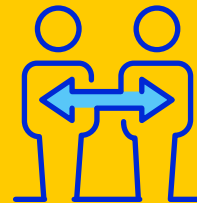
9 out of 10

young people valued Khulisa's approach and felt it was effective



88%

of young people felt heard, understood and respected in the group



8 out of 10

young people expressed a stronger sense of belonging and connections with their peers

“

I've had groups before where I was isolated by myself but that wasn't the case here”

- Face It participant

64% of young people reported using these skills immediately post-programme

73% of young people reported using these skills after three months

64% of young people reported using these skills after six months