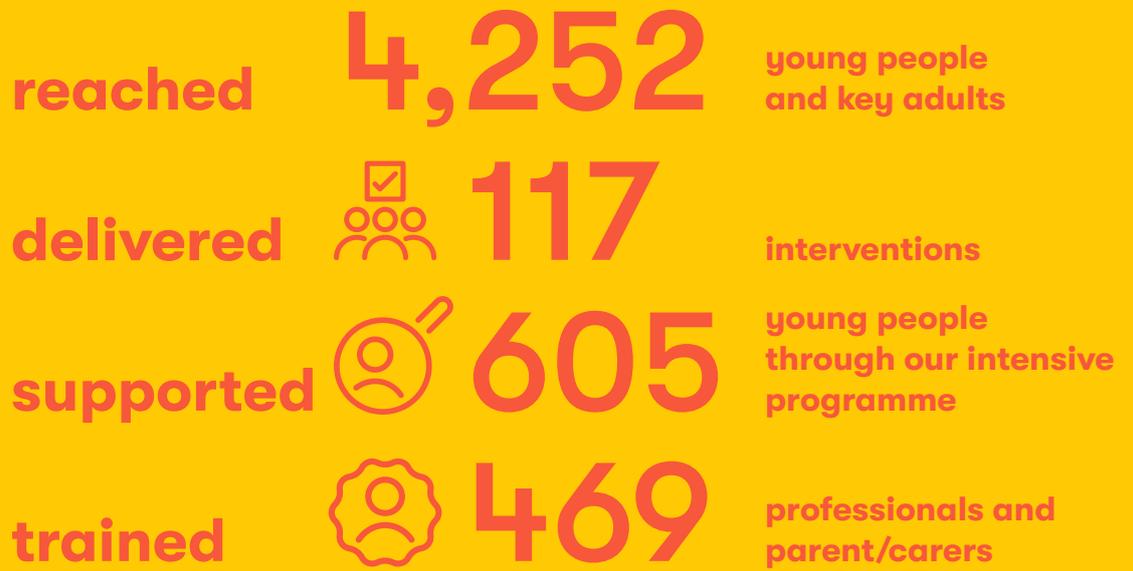


Year in Review 2020/21



Working across London and Manchester with a total of 22 partner organisations we;





Khulisa ensures young people affected by trauma or adversity have the social skills and emotional support they need to thrive. This year, marked by a global pandemic, we recognised that all young people have experienced trauma of some kind.

From bereavement and anxiety to having to isolate in unstable home environments, we knew they would need our support more than ever. Normal delivery of our intensive, therapeutic group programmes for young people in schools and prisons was affected by multiple lockdowns and uncertainty over how we could continue delivery safely.

In response we;

- Pivoted quickly to providing support online through a suite of webinars, toolkits and digital content to meet the increased demand for our services.
- Provided universal support to all students, regardless of their background, through a blended social and emotional learning programme delivered as part of the school curriculum.
- Consolidated, and reduced expenditure and launched an emergency fundraising campaign to ensure we could maintain critical support for vulnerable young people.
- Returned to in-person delivery as soon as schools re-opened to support the most at risk young people through our Face It Programme for 11–18 year olds.

Highlights & learnings timeline

2020

May

Digital suite of programmes launched, including webinars and toolkits to reach young people online.

July

Safety Net Sessions launched, featuring the voices of young people we work with and delivered to over 80 attendees.

August

First blended learning programme launched over the summer, featuring both online and in-person socially distanced sessions.

Sept/Oct

Most school partners re-opened to external visitors and we begin to deliver a more blended approach to social and emotional learning.

2021

January

Pilot programme launched with Manchester Communication Academy, reaching 501 young people in Harpurhey, Manchester.

February

Humane Justice Book, led by Khulisa, is launched alongside a podcast series in collaboration with the Monument Fellowship. Over 100 attendees join and 1600 people download the podcast.

March

Successful parenting pilot launched in Barnet, supported by MOPAC, reaching 95 parents of vulnerable young people. Launched a 2–3 year evaluation exploring what works for a successful trauma-informed Whole School Approach.

☑ Outcomes data

Young people started our programme with wellbeing levels below the national average, and ended with wellbeing levels above it.

Amongst 11–18 year-olds

Amongst Professionals

(Teachers and educational professionals)

67%

67% of young people improved their coping skills

90%

90% increased their knowledge of impact of trauma

63%

63% reported improved wellbeing

93%

93% plan to do something differently as a result of the training

63%

63% reported improved resilience

74%

74% improved their knowledge of coping strategies

“The SEL curriculum has improved my practice and empathy, which in turn has improved how students behave and approach me.”

MCA teacher

“We really valued our training with Khulisa, which was expertly delivered and contained a fantastic blend of theory and practical solutions!”

Leaders Unlocked

“The biggest thing this webinar helped me with was coping techniques, I don’t really know how to learn about them so it’s been really useful.”

Abbas, 15

“I understand now what’s happening to me when I get triggered. I’m hopeful that with practice I’ll be able to stop doing it. It’s like fitting pieces of a puzzle together”

Amit, 14

Specialised resilience webinars

Supporting adults during the pandemic to manage their own wellbeing, so that they were best placed to support vulnerable young people.

94%

94% reported increased understanding of resilience

100%

100% reported using strategies to help shift thoughts or feelings to a more resilient state

100%

100% plan to make changes as a result of this session

“The webinars created space.. in what has been a very busy week it was a chance to reflect and to be reminded of the importance of carving out time for ourselves.”

Morley College

With deepest gratitude to all our supporters and partners who enable this work to happen.

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 khulisa

Guide – Nurture – Restore – Empower