

Face It

By [Khulisa](#), a registered charity

Khulisa (meaning “to nurture” in Zulu) is an award-winning national charity dedicated to empowering young people aged 11-25 who have been affected by trauma or adversity. Such experiences can disrupt the development of essential social and emotional skills, leaving lasting impacts on their lives.

Face It, Khulisa’s **intensive therapeutic programme, is designed to enhance the wellbeing and social-emotional skills of young people with complex needs.** Building on their history of delivering therapeutic wellbeing programmes to schools for young people at risk of exclusion, Khulisa began piloting a comprehensive ‘whole school approach’ in 2018. This initiative aims to improve the social and emotional

wellbeing of all students by engaging with schools at every level.

The Face It programme spans three years and offers holistic support to schools, including services for senior leadership teams, school staff, parents and carers, as well as students themselves. By addressing trauma and disadvantage collaboratively, the programme fosters long-term change.

In line with their 2024 strategy, Khulisa aims to expand its reach by working with more schools to deliver deeper, term-long programmes lasting 12 weeks.

These programmes are designed to:

- Address non-academic barriers to success, including attendance, behaviour, and social-emotional wellbeing.
- Strengthen parent and carer engagement.
- Enhance teaching staff’s skills and

confidence, contributing to improved teacher retention.

- Support schools in adhering to Pupil Premium Guidance and Ofsted requirements.

The impact of the Face It programme is clear. Among young people who participated between 2021 and 2022, **Khulisa reported the following outcomes:**

- 60% experienced improved emotional regulation.
- 77% developed and used effective coping skills.
- 73% enhanced their pro-social skills.
- 71% reported increased resilience.
- 60% showed improved overall wellbeing.

See more: [Face It](#)

Wakefield Awareness Support Project

By [Kids](#), a registered charity

WASP is a specialised service offering a distinctive approach to supporting the emotional well-being of children and young people. Designed for those experiencing anxiety and low mood due to Autism Spectrum Conditions (ASC) or other neuro-developmental conditions—whether diagnosed or not—WASP provides tailored support to meet individual needs.

Funded by Wakefield CCG and delivered by KIDS, WASP stands out by focusing on both young people and their families without being diagnosis-led. It combines two complementary elements to deliver a bespoke support package: one targeted at young people and the other at parents and carers. Together, these elements create a holistic approach to fostering emotional resilience and well-being.

The aim of WASP is to work alongside existing commissioned services to identify children and young people with ASC or other neuro-developmental conditions who need support for their emotional well-being. By addressing challenges early, WASP helps prevent situations from escalating to the point where more intensive interventions may be required.

Their offer includes:

Support for young people

- Intervention practitioners work directly with young people, offering time-limited, goal-focused interventions that build resilience and support emotional well-being. This might involve:
- Lego Therapy sessions to encourage social skills and problem-solving.
- Activities inspired by The Big Life Journal to boost self-esteem and promote positive self-reflection.
- Guidance on navigating life transitions and challenges related to social interactions and communication.
- Practitioners also connect young people with other services and resources as needed, ensuring a seamless support experience.

Support for Parents and Carers

Recognising the critical role of families, WASP runs parallel programs to empower parents and carers. This includes:

- Peer-to-peer support networks that connect parents with others who have lived similar experiences.
- Training programs, such as Expert Parent experience courses, and online workshops tailored to their needs.
- Regular phone calls and check-ins to provide consistent, personalised guidance.

These efforts aim to build parents’ resilience and confidence, equipping them to better support their children and access appropriate help in the future.

WASP begins with a comprehensive assessment led by a **Participation Coordinator**, who gathers information about the young person’s and family’s needs. From there, a tailored support plan is developed to ensure the interventions align with individual preferences and goals.

By working collaboratively with families, **WASP sets clear, measurable objectives, ensuring the support provided leads to meaningful outcomes for both young people and their parents or carers.**

- WASP welcomes families facing challenges related to social interactions, communication, or other neuro-developmental disorders, regardless of whether a formal diagnosis has been made.
- By addressing the needs of both young people and their families, WASP creates a supportive environment where everyone can thrive.
- Support plans are customised, allowing families to access the resources and guidance that suit them best.

See more: [Wakefield Awareness Support Project](#)