



# 2024 IMPACT REPORT



Talitha Arts

2024

Reg. Charity: 1162475

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# 2024



## Impact Report

### Talitha Arts Year at a Glance

Dear Supporter,

2024 has been a fantastic year for Talitha Arts. Not only did we exceed our 2023 record for workshops, we doubled it! Meaning more people in need of mental health and wellbeing support have been able to access it through our therapeutic arts programmes.

In fact, we hit lots of records this year at Talitha Arts, and we could not be more grateful to your support in making this happen.

In 2024, Talitha saw growth in the following key areas:

#### Partners & Programmes

We delivered **118** workshops with **21** partners, for **1000** individuals in need of wellbeing and mental health support - **our highest numbers to date**.

See our exceptional impact statistics on the following page and in this report.

#### Practitioner Base

We shadowed and inducted new practitioners, which increased the available practitioner base by **65%** - creating a solid foundation for expansion in 2025.

#### Fundraising & Finance

We gained a **48%** increase in income, our **highest amount to date**. Thank you to all the funders for their support of our programmes and recognising what we do.

A huge thank you for transforming so many lives this year through your support. We hope the following report will show what a remarkable impact you've made.

With Gratitude,

A handwritten signature in black ink that reads "Jenna".

Jenna Thorne

Artistic Executive Director

# 2024 Highlights

118

Workshops

a 47% increase  
from 2023

21

Partners

a 38% increase  
from 2023

1000

Participants

a 44% increase  
from 2023

120,933

Income

a 48% increase  
from 2023

## Talitha's Workshops

100%

89% **strongly agreed** &  
11% **agreed** their **Mental Wellbeing** Improved

100%

92% **strongly agreed** &  
8% **agreed** they felt more **Connected**  
and part of a **Community**

100%

83% **strongly agreed** &  
17% **agreed** they recognised  
new **Qualities** and  
**Strengths**

100%

91% **strongly agreed** &  
9% **agreed** they  
**Feel more hopeful**  
about the **future**

100%

91% **strongly agreed** &  
9% **agreed** their  
**Confidence**  
grew

# 2024



## Impact Report

### Beneficiary Breakdown

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14%

**Women in Refuge**  
survivors of sexual  
violence, trafficking  
and domestic abuse

42%

**Young People** with  
complex mental  
health issues and  
unaccompanied  
minor refugees

14%

**Mental Health and  
Wellbeing Hubs,**  
including those  
in recovery

30%

**People living with  
Dementia**

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# 2024 Impact Report Women in Refuge



## Our Partners:



solace



In order to measure our outcomes, we collected data through feedback forms both before and after the workshops and programme from **125 individual engagements**:

## Impact Highlights

75%  
Strongly  
Agreed



25%  
Agreed

felt their **Mental Wellbeing** Improved



100%  
Strongly  
Agreed

felt **more Connected** and part of a **Community**



100%  
Strongly  
Agreed

felt their **Overall Wellbeing** had improved

75%  
Strongly  
Agreed



25%  
Agreed

able to recognise new **qualities and strengths**



**I most appreciated feeling a sense of connectedness, with self and others. Playfulness! Finding my long lost inner child. Feeling the supportiveness of feeling heard and seen.**

**- Solace Participant**



# 2024



## Impact Report

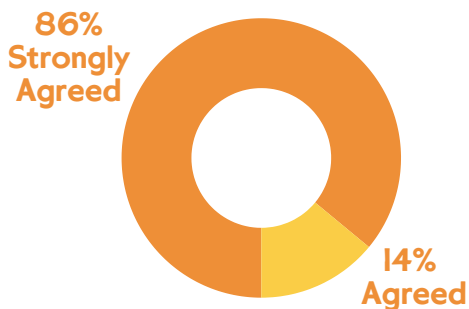
### Young People (refugees and migrants)

#### Our Partners:

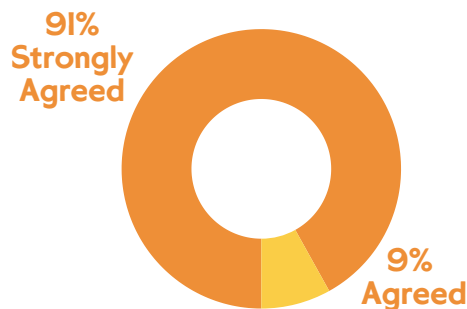


In order to measure our outcomes, we were able to collect data from feedback forms, combined with conversations following workshops. Feedback is collected from **80 individual engagements**.

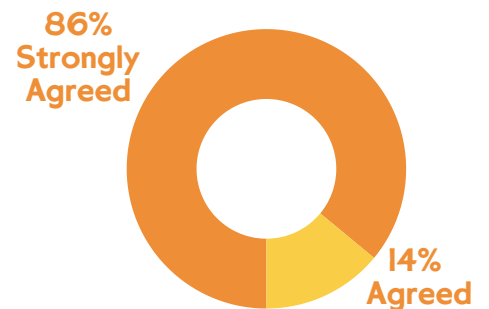
#### Impact Highlights



felt more **connected** with peers



felt their **confidence** grew



the workshops supported and improved their **wellbeing**



**“Ally\* used to be very shy and didn’t talk much. After attending Talith Arts sessions she is now speaking more to people, she smiles more, and she likes to go on trips and events with big groups. We all can see a huge improvement.**

**Valeria Bonilla (Youth Programmes Manager)**

**“Thank you so much for coming. I hope you come back with the same incredible energy which you came with, I had a lot (a lot) of fun. They made my life more fun every Tuesday. I will miss you. An incredible team!”**

**- Young Roots Participant**

# 2024



## Impact Report

### Recovery and Wellbeing Hubs

#### Our Partners:

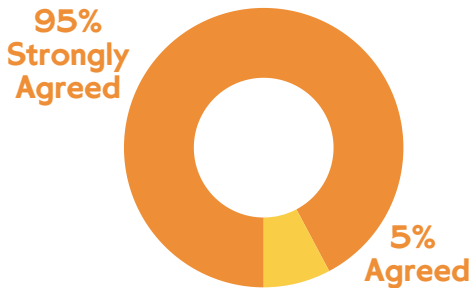


**Change  
Grow  
Live**

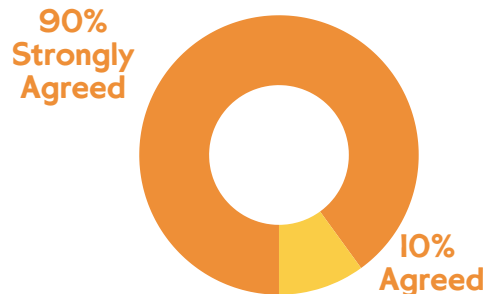


In order to measure our outcomes, we collected data from feedback forms from **65 individual engagements**.

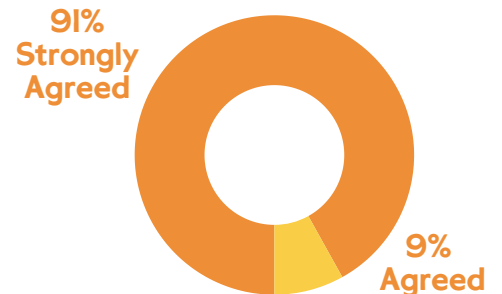
#### Impact Highlights



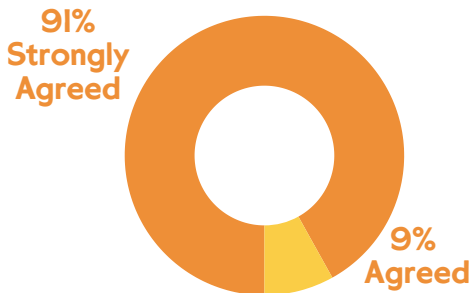
**Mental Wellbeing Improved**



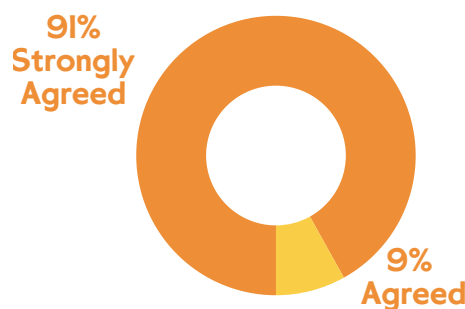
**Confidence grew**



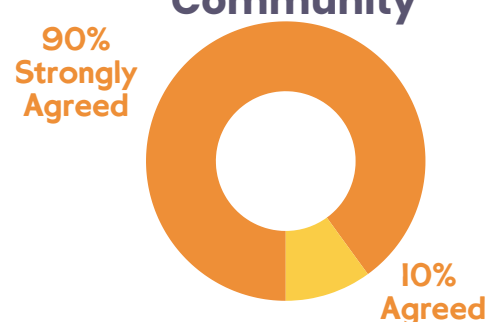
**Felt more Connected and part of a Community**



felt more **hopeful** about their **future**



discovered new **qualities and strengths**



felt their **recovery** was supported



**“You don’t realise at first how much it’s helping, it’s subtle but it really works. I feel more confident. Art can help you change perspective. I have felt that and my mind has been changed, thank you for that.”**  
**-Change Grow Live Participant**



# 2024

## Impact Report

### Dementia Care



in order to measure our outcomes, we collected feedback from Care Home staff, and asked participants how they were feeling following the workshops. The feedback is from **310 individual engagements**.

#### **Feedback:**

“Everyone is lovely!  
I’ve had a hard time  
lately but I love  
(Talitha) and they are  
so kind”

“I’m so excited for  
next week already!”

“I feel elated!”

“I’ve never done  
anything like this  
before, it’s really good  
and it’s really special.”

“This is my favourite  
part of the week!”

“You have brought me  
joy and happiness”



**“We are all  
artists”**  
-Dementia workshop participant

