



2024 IMPACT REPORT



Talitha Arts

2024

Reg. Charity: 1162475

www.talitha.org.uk

hello@talitha.org.uk



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, and **1000** individual engagements with people with disabilities and long-term mental health issues – **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,

Jenna Thorne

Artistic Executive Director

2024 Highlights

118

Workshops

a 47% increase
from 2023

21

Partners

a 38% increase
from 2023

1000

Engagements

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

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Beneficiary Breakdown

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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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



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Young People (refugees and migrants)

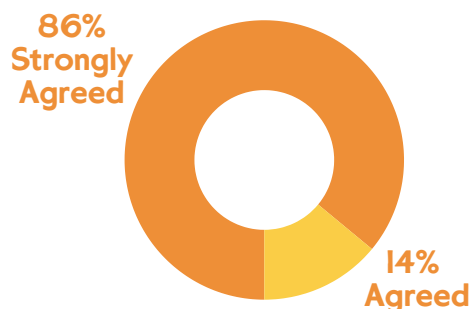


Our Partners:

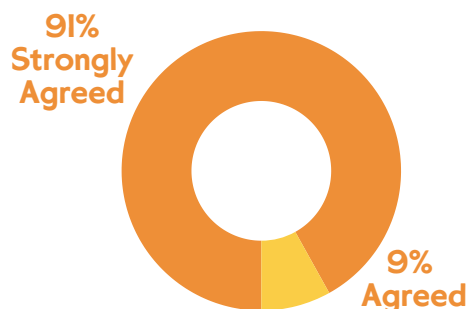


In order to measure our outcomes, we were able to collect data from feedback forms, combined with conversations following workshops. Feedback is collected from **80 individual engagements**.

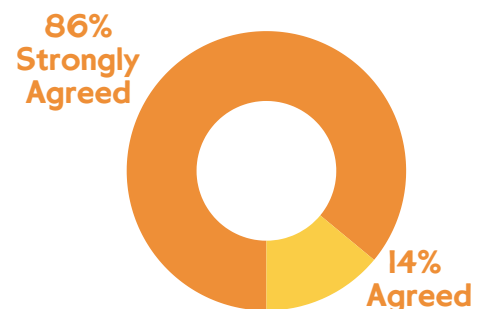
Impact Highlights



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

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Recovery and Wellbeing Hubs



Our Partners:

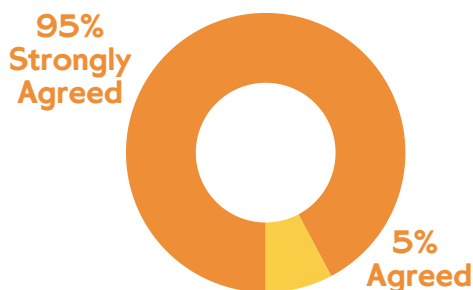


**Change
Grow
Live**

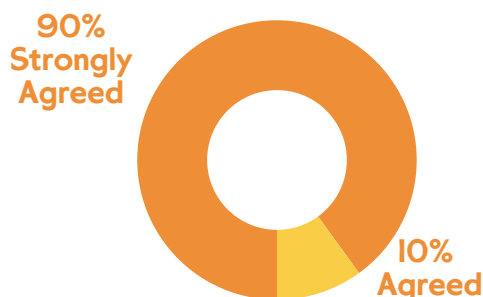


In order to measure our outcomes, we collected data from feedback forms from **65 individual engagements**.

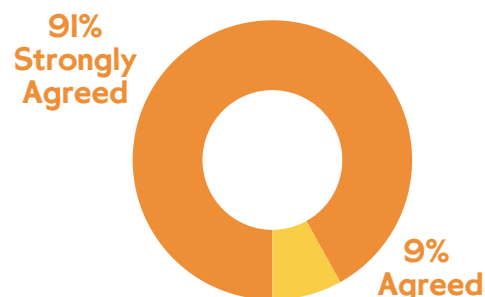
Impact Highlights



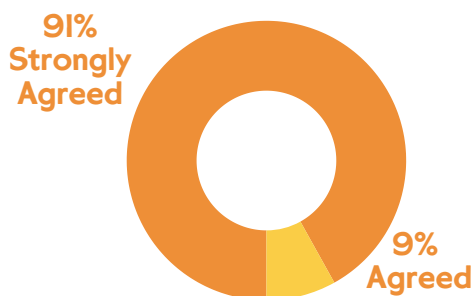
Mental Wellbeing
Improved



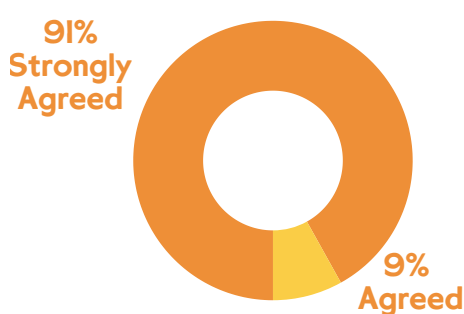
Confidence
grew



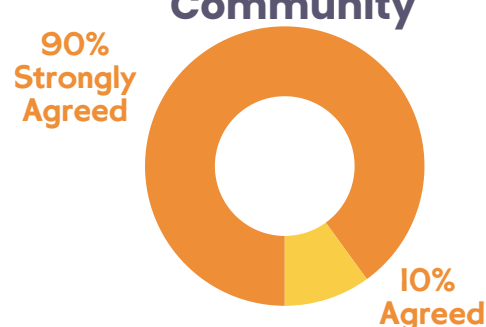
Felt more Connected
and part of a
Community



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



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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

