

Y-Wise Impact

2023-2024

Y-WISE

1

Community venue partnered
with

78%

Group's average attendance
for sessions

103

Total attendances

11

Young women attended

12

Weeks of delivery



Self-esteem had increased!

100% reported that their...

Communication skills had improved!



Building friendships
Delivering mental health workshops to children
 Building new connections
 How fun and informative the sessions were
Learning new information + being able to lead

What have you enjoyed most about Y-Wise?

Leading and building confidence
Making an impact on the community through our social action project
 Building my confidence and making new friends

"The programmes helped me to see that we all go through things but that does not define you. It has also helped with managing my anxiety and anger"

50%
 Felt anxious/uncomfortable voicing their opinions in front of a group

Young women
89%
 Felt they could voice their opinions more openly after the programme

