

# DIGITAL SUMMER HOLIDAY OFFER

## Interactive group webinars: Summer series

This 5-week series of webinars are interactive and use elements of storytelling, debating and artwork to increase trust and connection between participants and social and emotional wellbeing.



These are available as **FREE** taster sessions and/or standalone webinars plus the 5-week Summer Series

Please contact [thalia@khulisa.co.uk](mailto:thalia@khulisa.co.uk) to book your sessions for young people.

## For Young People

### Online Resources:

1. **Managing Transition, Uncertainty & Change Toolkit: Part 1 - Summer Holiday Edition:** a set of reflective, fun and interactive activities for young people to complete alone or with a supportive adult
2. **Managing Transition, Uncertainty & Change Toolkit: Part 2 - Back to School Edition:** coming end of August....

### Feedback:

- Over 90% of CYP participants attending our webinars felt listened to
- Over 95% of CYP enjoyed the sessions they attended
- The majority of participants felt our webinars helped them with communication, confidence to bounce back from problems, feeling connected to others and understanding their emotions

## For Parents/Carers & Professionals

### Online Resources:

1. **Parents' Guide to Helping Children Express Emotions Safely:** Tips and activities plus signposting to lots of online resources to help parents support children find ways to share and explore emotions and intense feelings that may come up as young people consider transitioning back to school
2. **Managing Isolation in Lockdown (and beyond):** A toolkit containing a daily plan, practical self-care activities and resources for self-worth, building purpose and new skills.

### Feedback:

- Over 85% of professionals attending enjoyed the sessions and attained a greater understanding of resilience and a greater capacity to retain a sense of personal resilience.
- 100% would recommend this session to colleagues.

## Interactive group webinars: Summer series

For organisations interested in supporting the wellbeing of their professionals, we are creating a webinar series.

The 1st in this series - **Building Personal Resilience** - offers participants a range of 5 practical tools/techniques for a personal daily framework, over 90 minutes, together with a PDF handout and a further 60 minute session as an implementation and best practice session.

**'I absolutely LOVED this session... can help us and those we work alongside... we've all taken away some new techniques to try to manage wellbeing during this difficult time #allthedifference'**  
Anne Fox, CEO, Clinks

**"Feeling heard and clear-headed; the first time in a long time. Thank you so much for sharing these techniques to take care of our bodies and our minds!"**  
Elana, theatre facilitator

**All of our online resources can be found at our website at [www.khulisa.co.uk/covid-19/](http://www.khulisa.co.uk/covid-19/)**

Please contact us if you or your young people are experiencing additional needs which aren't covered in our existing offer - we can tailor support to ensure it's as relevant and beneficial as possible. For further info about Khulisa's programmes, please contact:

Young people - Thalia Wallis ([thalia@khulisa.co.uk](mailto:thalia@khulisa.co.uk) / 07759 653 581)

Professionals - Lisa Rowles ([lisa@khulisa.co.uk](mailto:lisa@khulisa.co.uk) / 07717 510 525)