

OUR IMPACT REPORT

soulscape

CREATING SPACE
TO EXPLORE LIFE

THE
LOUNGE

revive



Mentoring

'OBJECT'
Truth. Life. Love. Losses.

PAUSE

More
Inside
Out

Fuse

Inside Out

REAL



For more than a quarter of a century, Soulscap e has been supporting Young People's wellbeing in Berkshire schools, creating space for them to reflect, ask big questions, and express themselves creatively.

The world has changed a lot during that time, not least of all the state of Young People's mental health: the number of Young People with a probable mental health condition increasing by more than 600% during that period.

The advances in technology and social media have compounded and accelerated this problem, creating new and intensified forms of pressure for Young People.

While Soulscap e's core aims remain the same, our model for delivery and the topics we cover have changed to reflect this ever evolving environment, continuing to be relevant and continuing to have impact.

Today, Soulscap e runs a portfolio of 12 projects with several featured on the following pages.





Change can be tough—but with the right support, children can grow stronger through it. Helping them navigate change builds emotional resilience, confidence, and a sense of control.

Research tells us that a good transition to secondary school will help a young person thrive.



Our teams go into Primary Schools and meet with Year 6 pupils. We run fun workshops with activities covering topics such as: being the new child in school, feeling left out/including others, expectations – following instructions can help, meeting new people, new challenges/experiences, reflecting on what they are leaving behind, what they worry about and what they are looking forward to.

MIND THE GAP workshops are followed up when we run team building activities on Induction Days in secondary schools and we're there to welcome the new year 7's in September. Offering friendly support as needed.

Our team run parent's evenings and offer resources, aiming to support parents of Year 6 pupils by exploring the challenges and opportunities faced by starting Secondary School



“Our year 7 students had the opportunity to participate in a purposeful workshop with Soulscape. They explored the qualities which make a good friend, discussed how they would like to be treated, and set individual goals for the year ahead. It was heart-warming to witness our students sharing their thoughts and realising that they are an integral part of the school community. Soulscape once again provided excellent teaching, helping our students understand the importance of kindness and empathy.” Head of Year 7

“One particular boy wanted to sit out of the games because he ‘didn’t like people’, by the end, some boys from a different primary school asked him if he wanted to join in with their group and he did! Seems like the lessons when we were with them in primary school a few weeks back, about making sure we look out for people who may be sitting by themselves, have paid off!”

Team member

Projects following on in this suite are:



“Get away from the stress of the classroom, ways to escape!” Year 7 STUDENT

soulscape.org.uk

**RELATIONSHIPS
ESTEEM
REAL
ASPIRATIONS
LIFESTYLE**

Today's 24/7 media culture offers young people access to a vast amount of information, yet there are very few opportunities for them to filter and process.

As a result, many young people are left feeling confused and overwhelmed. REAL workshops provide the space they need to explore the issues that concern them and help them make sense of their world.

REAL lessons don't tell young people what they should think, nor do they provide fixed answers to any of the questions they raise.

Instead, they offer space to hear, watch, think and explore.



“Quite an interesting way to learn about different elements of a relationship”

Year 9

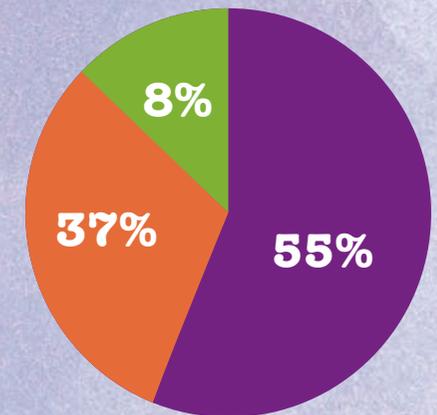
“Enjoyed the workshop because it felt more personal - like a weight had been lifted off my shoulders as others shared their thoughts as I wasn't the only one who wanted REAL friends.”

Year 9

“It changed my life when I found out what I was good at. Now I'm learning to put the past behind me.”

Year 9 pupil, 'Who Am I?' REAL lesson

Following REAL students were asked whether they felt more confident in their understanding of consent:



YES

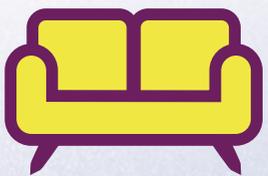


A LITTLE



NO





THE LOUNGE

“I enjoy my sessions with Soulscape as I get to express myself, and my feelings without feeling like I am being judged.”
Year 10 Student

“even a small act of kindness makes a big difference”

We had a lovely, talkative young person who came into The Lounge across year's 7-9. We got to know one another, and they turned up each week without fail. We were playing the game, 'would you rather' and I asked 'would you rather be able to fly or be invisible?'.

This young person answered straight away saying, 'that's easy, I'd be invisible'. I was expecting an explanation of what they might do if they were invisible, instead they went on to say, 'Because I'm already invisible'.

This was an opportunity for the young person to share how they felt both at home and school. It was also an opportunity for one of the other young people to share that they weren't invisible to them!

This was such a moving moment which reminded us of the privilege to meet young people where they are, that we're creating a safe space for them to talk and build relationships with friends and the team. LOUNGE Volunteer

A regular, weekly space...The Lounge is a safe space within school to “come as you are” and step away from the pressure.

The Lounge is run by our trained volunteers and Soulscape staff, who are on hand to chat with any student who wants to talk. It's a safe space to share what's on your mind, process what you're feeling, or just to take some time out from the pressure and relax.

Students come with friends or on their own and soon make new friends.

Everything starts with the young person. We have lunch together, laugh, hear from them about what they'd like to do or talk about. This can be anything from something they are dealing with and need to talk about or playing games.

“I like The Lounge because I can tell them how I feel and I can relax, it's the best thing ever.”
Year 8

“We are so lucky to have The Lounge on a Wednesday because it's in the middle of the week. It means we don't have to wait too long before seeing you again.”
Year 9





SoulscapE was approached by Festival Republic to run two AIR Hubs at Reading Festival, due to its reputation with young people's wellbeing.

The purpose of AIR Hubs is to provide:

- A**ssistance
- I**nformation
- R**esponse

to those attending the festival, running 24 hours a day for 6 days.

SoulscapE's role is to be available to support, answer questions, signpost and call for assistance if needed. Overlaying the Air Hubs with wellbeing for the festival goers.

"I felt I was making a difference!"

Volunteer

"A great community feel"

Volunteer

"We've come across young people feeling overwhelmed, having fall outs with friends, needing medical help... each time our team of volunteers were able to support, reassure and make sure the young people received the help they needed. They often came back to say thanks or give us a wave"

Volunteer

105,000 FESTIVAL GOERS

54 VOLUNTEERS

122 HOURS





The King's Award
for Voluntary Service



**INCREDIBLE
BREAKING
NEWS!**

**We are the winners of
the King's Award for
Voluntary Service
#KAVS2024**

We are honoured to have received The King's Award for Voluntary Service for 2024. This award recognises the massive impact the charity has within Berkshire's schools supporting young people's wellbeing. It also celebrates the work of our amazing volunteers, without whom we would not be able to reach out to the number of young people that we do.

SoulScape is thankful and proud to have more than 100 volunteers supporting our work across our various projects and events. With hearts for supporting young people, showing selfless dedication and making a valuable contribution and impact on the young people they meet. Volunteering is about giving but it is also about receiving. Many of our volunteers share about the growth and learning they experience from their interactions with young people.



soulscape.org.uk



**Donate to
SoulScape**

"I remember how it felt when I was at school, I wish we'd had SoulScape! This is why I volunteer and it's a great way to support our young people"
Volunteer