



Raise Your Hands

Charity Platform Insights

2024

Every day I feel privileged to witness the incredible things that the Raise Your Hands charities are doing.

In 2024, we proudly reached the milestone of donating half a million pounds since Raise Your Hands was founded.

*Our platform of charities grew too, with the addition of two amazing organisations. **Happy Baby Community** is a wonderful group of women, most of whom have fled violence or traffickers, supporting mothers with babies who are going through the same. **Our Time** is a tiny but mighty organisation working to tackle the shocking lack of specialist support in this country for children of parents with a mental illness.*

Some other personal highlights of 2024 included:

- ▶ *attending a **Go Live** relaxed theatre performance for SEND children in the West End. I'll never forget how transfixed the children's faces were - matched only by their parents, watching them. Truly magical.*
- ▶ *hearing about **Action for Conservation's** growth as they rolled out their inter-generational land management work to a new site.*
- ▶ *witnessing the nimble flexibility of small charities in action - such as **The Wave Project** trialling a pre-loved wetsuit recycling scheme and **Switchback**, rising to the challenges presented by an increase in the number of young prisoners leaving custody with very little preparation for their release due to the government's early release scheme.*

Slaney Wright

CEO of Raise Your Hands



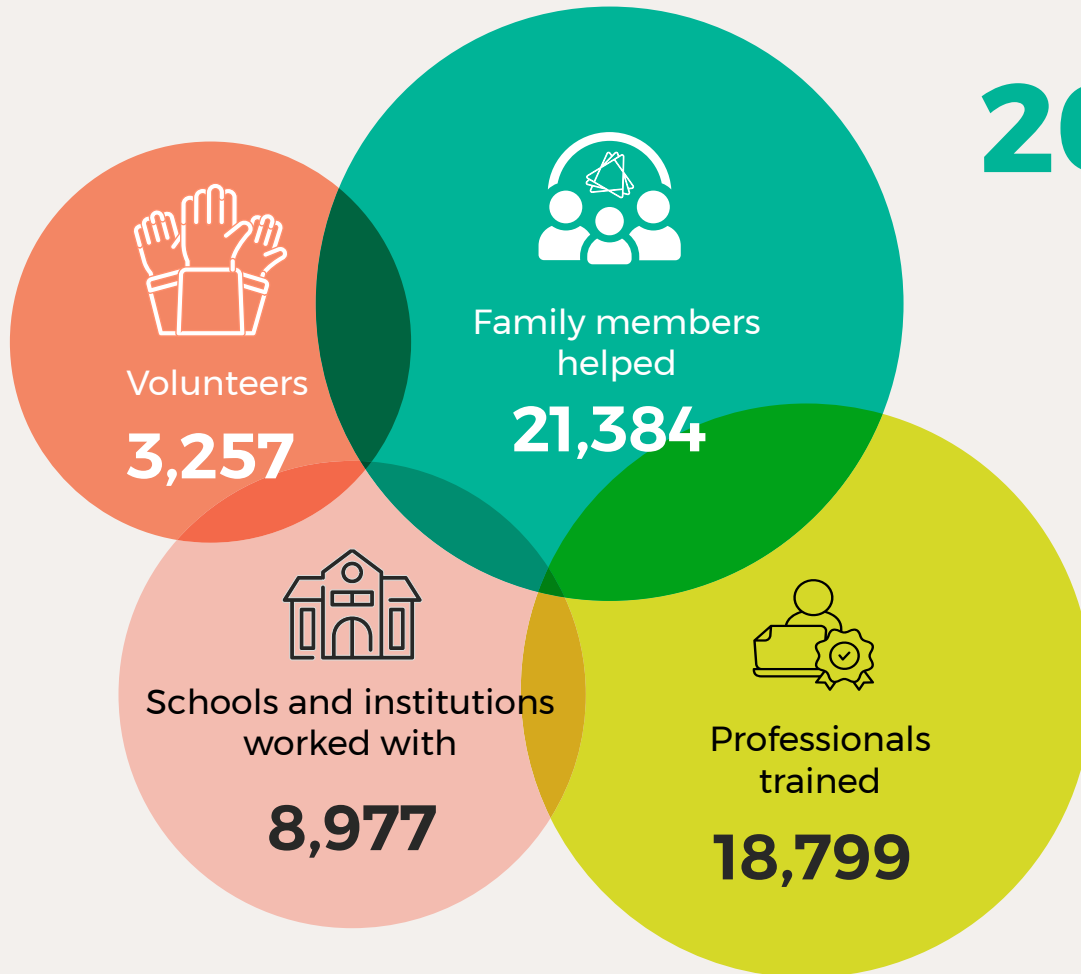
We believe that all children and young people deserve to thrive and to have the opportunity to build fulfilling adult lives. For hundreds of thousands of children, this is only possible with the support of small, specialist charities.

Children and young people helped



55,943

2024 in numbers



Bucking the trend

Despite a continually tough economic environment that has caused many charities to struggle or close, the Raise Your Hands portfolio of charities saw growth in 2024.

On average:

- ▶ Income of RYH charities **increased by 15%**
- ▶ Number of children worked with **increased by 7%**
- ▶ Staff size **increased by 3%**

Our Platform

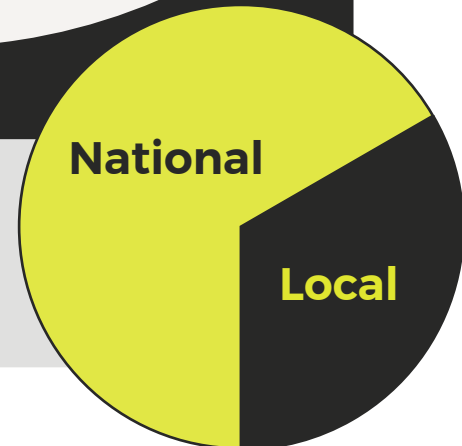
Raise Your Hands' portfolio of charities address a **wide range of issues - each one using a different innovative approach.**

From sending bedtime stories home from prison to healing trauma on a therapeutic farm, they are empowering vulnerable children and young people with a focus on fostering lasting, positive mental health.

- ▶ Using sport, nature, and the arts as therapy for trauma, abuse or bereavement.
- ▶ Providing ways to thrive, whilst living with conditions such as HIV, or facing a terminal diagnosis.
- ▶ Connecting to mentors who can help prepare for entry into the workplace, boost confidence or reduce reoffending.
- ▶ Making sure more children are able to engage with nature and creativity in ways that improve wellbeing and develop new skills.



Where our charities deliver



Engaging in Education

1.5 million children in England struggled with learning engagement in 2023/24.

This is why educational attainment is the focus for so many of our charities.



Dandelion Time helps children who've experienced trauma to cope better at home and school.

47% of the children referred to the charity are either school refusers, excluded from school or at risk of exclusion.

These children and their families take part in a ten-week programme of nature and craft, with one-to-one support from skilled therapeutic staff. The results are staggering.

Of the 195 children they worked with, 66% had positive improvements relating to school. This may have involved improved attendance, better engagement with lessons, moving back to full time education, or improving their behaviour.

85% of children at Dandelion Time built the foundation for future school engagement by increasing their confidence, skills and wellbeing.





LITERACY
PIRATES



The **Literacy Pirates**' mission is to help children who are falling behind in class by developing their literacy, confidence and perseverance, so they can achieve at school and beyond.

In 2024 around 635 young people were welcomed into their nautically-themed spaces for learning with a twist. 93% narrowed the gap in their literacy, with children at the end of the programme on average making five to six months progress in their reading age each term - four times the progress they were making at school alone.

Teachers reported that **75% of children improved** their literacy skills in the classroom.

Literacy is a powerful tool to overcome poverty. That's why Literacy Pirates works with children from low income families who are struggling to read and write. Together we are breaking the link between a child's parental income and them reaching their potential at school and beyond.

- Jude Williams, CEO Literacy Pirates



EMPIRE
FIGHTING
CHANCE



Empire Fighting Chance delivers non-contact boxing programmes, weaving in personal support while young people learn to box. Boxing acts as a platform to deliver mentoring, therapy and career support.

One of the programmes, Box Champions, is designed to help students who are at risk of permanent exclusion and those with complex needs that prevent them from engaging in education.

*Of those taking part in Box Champions, **64% improved their school attendance** and **65% saw improved behaviour** at school.*

At the end of my son's sessions, he has changed his attitude to so many things. He feels he can do well at school, his mood has improved massively, and he is less anxious. School have fed back on all the positive changes, including his improved grades. Empire and all people who make it possible have felt nothing less than lifesaving to us as a family.

- Mum of Oscar, 17

Shining a light on mental health

One in five children and young people in the UK are experiencing a probable mental health disorder.

The impact small charities can have on improving mental health couldn't be greater.



The Wave Project works with young people who are struggling with their mental health. The Wave Project surf therapy courses help young people feel calmer, more motivated, and better about their future.

Harley's Story

Harley, aged 10, has ADHD and autism and he started his six-week surf therapy course with severe anxiety, which made group activities and new environments extremely challenging. However, with The Wave Project's compassionate and individualised approach, Harley undertook an amazing transformation.



The change from week one to week six was the most magical thing we have seen in a very long time. We have gone from not being able to get Harley to leave the house to him finding this new-found love for surfing. Honestly I would recommend this to everyone and say that it 100% does work.

- Harley's Mum



OUR TIME CHARITY



Our Time

One in three children have a parent with poor mental health. When they grow up, these children are more than twice as likely to develop psychological problems and poor mental health.

Our Time helps children to feel safe and supported and better connect with their parents, through unique family workshops, drama, and interventions in schools and healthcare settings. Our Time also trains teachers on how to recognise and support children experiencing parental mental illness.

Their work is having real impact on children and their parents too:

- ▶ **44% children worry less about their parents**
- ▶ **69% children know more about mental illness than before**
- ▶ **60% children feel less alone**
- ▶ **71% of parents said they had a better relationship with their children**

Award Winners

Raise Your Hands is backing some of the best small charities out there.
But don't just take our word for it!



Become

- ▶ **Winner:** Charity Governance Awards, Improving Impact: Charities with 4-30 paid staff
- ▶ **Winner:** Children and Young People Now Awards, The Children and Young People's Charity
- ▶ **Highly Commended:** Third Sector Awards, Medium Charity of the Year



Chiva

- ▶ **Finalists:** Smiley Charity Film Award



Create

- ▶ **Winner:** Mental Health and Wellbeing Awards, Innovative Proactive Wellbeing category
- ▶ **Shortlisted** for Fantastic for Families Awards
- ▶ **Gold:** Wilder Kent Award
- ▶ **Winner:** seven different Koestler Awards



Jessie May

- ▶ **Winner:** Great British Awards Charity
- ▶ **Finalists:** Bristol Life Awards 2024

Storybook Dads

- ▶ **Winner:** Charity Awards, Children & Youth Category



Kidscape

- ▶ **Finalist:** Smiley Charity Film Award - Josh Braid



Wave Project

- ▶ **Winner:** Inclusion Cornwall Award for their Adaptive surf programme
- ▶ **Runners up:** Cornwall Sustainability Awards, Circular Economy Category - Preloved Wetsuit Scheme



Changemakers

None of our charities would be able to deliver their programmes and make the incredible impact they do without equally brilliant leadership and management.



CHIVA



For the past 15 years, camp manager Tom Burke has been involved with CHIVA's Freedom 2 Be Camp - enabling it to be the event it is today.

The annual support camp is a safe haven where young people can share their experiences, build friendships, and feel unburdened by the stigma around HIV.



CREATE



We were delighted to see Nicky Goulder, Founding Chief Executive of Create, awarded an MBE in the New Year's Honours List.

Received in recognition of "services to charity", it celebrated her tireless work to expand access to the creative arts for the most vulnerable people in our society.



In December, The Wave Project's Adaptive Lead - Ian Bennett - was named the **South West Unsung Hero at the BBC Sports Personality of the Year Awards.**

Two of our charities also welcomed new CEOs in 2024:



Ramon Van de Velde
The Wave Project



Sita McIntosh
Go Live Theatre



It's just a brilliant team that enables the beach to be so much more accessible to people...

We all get a buzz out of surfing and I think everyone should be entitled to a go at that.

- Ian Bennett



Nicky, Ian and Tom are examples of the excellence required to create, run and manage life-changing charities, such as those in the Raise Your Hands family. They are changemakers among us.

**- Madelaine Jones,
Head of Partnerships at Raise Your Hands**



The Raise Your Hands Charity Platform

Education, employment and social mobility



Action for Conservation

Inspiring young people from diverse backgrounds to become the next generation of nature conservationists.



Become

Helping children in care and young care leavers to believe in themselves, to heal, grow and unleash their potential.



BelEve*

Supporting girls and young women to become confident, resilient and compassionate leaders through workshops, mentoring and career guidance.



Empire Fighting Chance

Combining non-contact boxing and intensive personal support to challenge and inspire young people experiencing adversity and disadvantage.



Kidscape

Giving young people, parents and professionals the tools and confidence to challenge bullying in all forms.



Literacy Pirates

An education charity which develops the literacy, confidence and perseverance of children who are falling behind in class.



Living well with a health condition



CHIVA

Children's HIV Association: improving health and social outcomes for children and young people living with HIV.



Jessie May

Helping terminally ill children with support and end-of-life care in their own homes.

Overcoming challenging family circumstances



Happy Baby Community

A safe space for refugee mums and young children who have sought safety in the UK to access advice, support and community.



OurTime

The only UK charity dedicated to supporting the one in three children who have a parent with a mental illness.



Storybook Dads

Making sure that children don't pay the price for their parent's imprisonment by sending them bedtime stories recorded by their parents from behind bars.

Crime prevention and violence reduction



StreetDoctors*

Tackling youth violence and its consequences by equipping young people with the skills and confidence to provide first aid in emergency situations.



Switchback

Supporting young prison-leavers to make real, lasting change through intensive one-to-one support and real-work training.



The power of creativity



Create Arts

Arts programmes for the most marginalised in areas where engagement in the arts is low.



Go Live Theatre Projects

Enriching the lives of disabled and disadvantaged children through theatre.

Healing in nature



Dandelion Time

Using the therapeutic potential of the natural world to help traumatised children on a farm in Kent.



The Wave Project

Providing award-winning surf therapy and beach school projects for young people who have a mental health issue, learning difficulty or physical disability.



raiseyourhands.org.uk

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