



Youth Empowerment Programme for 16 to 24 years old

(From Southwark and neighbouring boroughs)

What we do? We Listen !!!

We will provide long-term personal mentoring, group workshops, free events and trips to support and motivate you while you make it happen.



Get Motivated

"I feel motivated here. I look forward to Monday workshops. I feel this will help me organise myself and do something to achieve in the future."



"RISE has helped me to build my confidence and self-esteem. Most importantly, it helped me to be myself and exclude what others think I need to be."

T,19

Safe Space

"I don't think I ever had a safe space but if I am asked now, I would say RISE is my safe space. But I also don't want to say it because I don't want to jinx it. I don't want to lose it. I cried because I feel safe and belonged here."



F,18



Express feelings

"This is the only space I can express. I am not comfortable sharing emotions anywhere else. I feel less judged. In fact, I feel myself judge myself less when I am here."

A,18



Be Together

"I feel I am not alone. I mean not only as someone who faces mental health issues or loneliness. But, also now I feel, I don't have to face it alone."

R,17

SIGN UP NOW for 2023

Call / text / WhatsApp : Wasu on

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