

Express Services & Support Sessions

ANNUAL REPORT TO SEPT 2025

In the past year, we delivered an impressive array of service & support sessions, enhancing the well-being of our community members through our dedicated team of Counsellors, Therapists, Facilitators and Volunteers.

IMPACT

435

COUNSELLING sessions delivered supporting our community to feel heard and improving well-being

Young people/carers received **THERAPY** sessions improving autistic young people's mental health and self-esteem

1,169

897

Young people attended our **CLUBS** enabling young people to express, connect and be themselves.

PEERS supported via information, groups & events increasing engagement and positive outcomes for all participants.

1,164

HOW WILL YOU EXPRESS YOURSELF
WWW.EXPRESSCIC.ORG.UK