



Reference: Rap Therapy

The Rap Therapy Team delivered several workshops to our groups of children and young people who thoroughly enjoyed the sessions. Feedback was very positive and the groups learned a lot and was able to identify their own talent learning new creative skills.

The Rap Therapy workshops are a good method to use helping individuals to express their feelings and emotions constructively putting it on paper. It is a good tool for self reflection.

The facilitators were patient, understanding and delivered the sessions in a professional but enjoyable way.

We would recommend the service to other organisations

It was a pleasure working with them

C Armatrading
Antoin Akpom Achievements Foundation