

FRESH YOUTH ACADEMY

April to June Programme

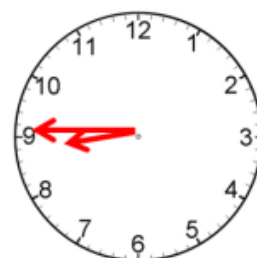
Aged 13-19 (up to 25 for young people who have learning difficulties or disabilities)













We offer a range of one-to-one and group work support, programmes and activities for young people focused around personal and social development including skills and confidence for learning and work.

We do evening drop-in sessions, one-to-one work and activities during school holidays.

What is on offer this term?

Monday to Thursday
6pm to 8:45pm



Monday	Inclusion night  Take part in a range of fun activities.	GYM  Get fit and reach your personal goals. Our gym instructors will help you develop your own fitness programme.	Healthy living  Activities, advice and guidance on nutrition & food, physical activity and well-being.
Tuesday	Music Studio  Show off your creativity and make your own music tracks and videos.	GYM  Get fit and reach your personal goals. Our gym instructors will help you develop your own fitness programme.	Indoor games  A range of indoor activities perfect for developing your skills and abilities.
Wednesday	GYM  Get fit and reach your personal goals. Our gym instructors will help you develop your own fitness programme.	Cooking  Explore the world through food. Learn to cook healthy and tasty dishes from scratch.	Arts & Crafts  Get creative and explore various topics and theme through a range of art forms.
Thursday	GYM  Show off your creativity and make your own music tracks and videos.	Music Studio  Show off your creativity and make your own music tracks and videos.	Information & advice  Drop-in session. No need to book an appointment.



This term

Young Men's Project.
Exploring issues affecting young men. Workshops & discussions.

Photography Project.
Using photography to capture change in the community. Using a camera, taking photos & editing.

Other workshops that we deliver at the centre are:

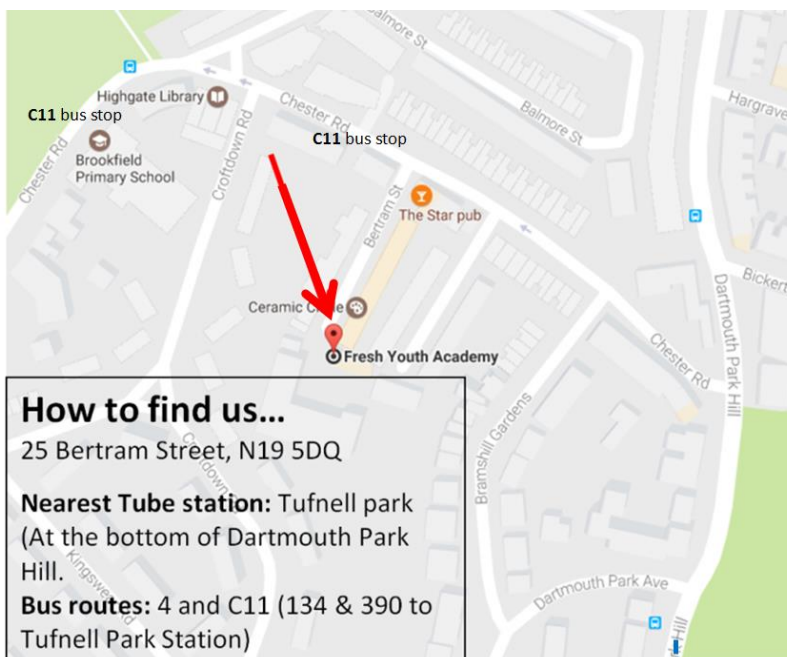
- Being work ready & applying for jobs
- Sexual health and relationships
- Substance misuse
- Healthy eating and lifestyles
- Conflict resolution
- Coping with change and challenges
- Body image, self and identity
- Confidence and self-esteem
- Money management
- and much more...

Have your say at FRESH Voice



Our youth forum

If you are interested in joining this group please contact a youth worker.



For more information, please call or text

Mukith Miah: 07957 987349
(Senior Youth Worker)

Cat Phillips: 07971 063787
(Senior Youth Worker)



Our programmes are accredited by:

