

# THE DIFFERENCE WE MAKE

93% of our YP reported feeling **MORE CONFIDENT** following their engagement with us

98% of our YP expressed they felt **HAPPIER** after joining F4YP

97% of our YP shared they made **GOOD FRIENDS** at our clubs

\*Statistics from 24/25



## OUR VALUES

### HONESTY

Be fair, act responsibly, trust & be trusted

### RESPECT

Be kind, be inclusive, value yourself and others

### FUN

Make friends, be enthusiastic and support each other

### DREAM BIG

Believing, persevering, and breaking barriers



# WHAT'S ON FOR YP IN SCHOOL YEARS 1 - 11

## AFTER SCHOOL CLUBS

Monday - Thursday @ Multiple Venues

**MUSIC** **SPORTS** **PARKOUR**

**PADDLE** **TAEKWONDO** **GYM**

**SWIMMING** **MULTI-ARTS**

## HOLIDAY CLUBS

We run holiday clubs in the February half-term, Easter & summer holidays, as well as Spring/Summer residential for secondary age YP.

## NEW TO F4YP?

### How to Register

Scan to see all of our face to face delivery and additional services [www.f4yp.org](http://www.f4yp.org)



## BURSARY PLACES

Funded places are available for those who meet our bursary criteria including:

- Financial vulnerability
- Living situation
- Additional needs
- Other support needs eg. young carer

**FULL BURSARY CRITERIA:  
[WWW.F4YP.ORG/BURSARY](http://WWW.F4YP.ORG/BURSARY)**



## FUN 4 YOUNG PEOPLE

We provide empowering and vibrant support services for young people and their families across Bedfordshire.

[WWW.F4YP.ORG](http://WWW.F4YP.ORG)

[INFO@F4YP.ORG](mailto:INFO@F4YP.ORG)

0300 102 4541

@F4YP\_BEDS

**HONESTY RESPECT FUN DREAM BIG**

Charity Number 1198194

*"I am proud to lead a service that is an integral part of our community, providing children and young people with a safe space to be themselves and grow.*

Many of our young people and their families have accessed our service for many years. It is incredible to be part of their journey and build strong relationships with them. They inspire me to ensure F4YP meets their needs and to continue to extend our reach to even more young people."



**SOPHIE STOCK, CEO**

## **WE AIM FOR OUR YOUNG PEOPLE (YP) TO:**



Experience improved confidence and emotional wellbeing



Experience reduced isolation, learning to work better with others and foster more positive relationships



Experience improved engagement with services across the community, including F4YP, schools and professional agencies

## **SEND & SEMH SUPPORT**

**38% of our Young People** have a SEND or SEMH need.

Our pastoral team provide holistic, trauma-informed support. While we don't offer 1:1 supervision, many young people who receive 1:1 academic support at school are able to access our service successfully in small group settings. We carry out assessments with schools to see if our setting is the right fit for your young person.

**HONESTY** **DREAM** **BIG** **FUN** **RESPECT**

# **OUR SERVICE**

### **PARTNERSHIP WORKING**

We work in partnership with other local agencies including 50+ schools, children's services, and specialist organisations, supporting young people and their families to identify unmet needs and ensure consistent holistic support.

### **FACE TO FACE DELIVERY**

We deliver year-round face-to-face sessions (on average 20 hours per week) alongside pastoral and therapy support. We provide a range of fun educational activities throughout the year.



## **WELLBEING SUPPORT**

**REACH** is an early intervention and prevention programme delivered over 6 weeks 1:1 or in small groups. Designed to engage YP with mild to moderate mental health struggles through a series of fun, interactive workshops, group discussions and individual activities.

#### **We focus on:**

- Understanding emotions
- Fostering resilience
- Creating a supportive community
- Empowering YP personal growth



### **THERAPEUTIC SUPPORT SERVICE**

Available to YPs who access F4YP and who are identified by our team as most in need. We provide transport during the school day and work with a child psychotherapist whose specialties include trauma, PTSD, anxiety, emotional disturbance, family conflict, and self-esteem.

### **CHILD SUPPORT**

Our pastoral team is a consistent friendly face, a helping hand, and a trustworthy adult to talk with outside of home and school. We work with children and young people to improve wellbeing, raise their self-confidence, and build resilience by providing wrap-around support helping them access activities to suit their needs.



## **PARENT/CARER SUPPORT GROUP**

A 10-week programme highlighting areas linked to SEND and/or mental health, in which both children and their parents/carers face struggles in day to day life.

*"I found it was transformative. My little family is so much happier" - Parent/Carer*

**TUESDAYS ONLINE / RESTARTS TERMLY**  
**TIME: 7-8:30pm**

