

LEVEL TWO

YOUTH PROJECT



Primary provider of Youth services in Felixstowe
Youth sessions and support
Mentoring and Counselling services

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Hub and Detached Sessions with Level Two

Equals Relaxed Session – Tuesday - The Hub - 4:00 - 5:30pm

A youth session tailored for young people who would benefit from a relaxed, sensory-friendly environment.

Drama Session – Wednesday - The Hub - 3:45 - 5:15pm

The Level Two Drama session is an exciting opportunity to work as a team to create theatre pieces, whilst learning new skills and meeting new people.

Sessions at The Hub – Level Two Hub Cobbold Road (above Tesco)

Monday - Year 6 Session - The Hub - 4:00 - 5:30pm

Wednesday - Young Adults Session - Year 11+ -25yrs - The Hub - 5:30 - 7:00pm

Saturday - Open Session - Year 6+ -25yrs - The Hub - 10:30 - 12:00pm

Sessions at the Level Two hub promote socialising, creative activities, sport, gaming, and engaging in conversations with youth workers. In all sessions we address various topics where young people can explore and increase their knowledge on a variety of issues.

Detached Sessions – Spring / Summer Only

Tuesday- Morrisons Skate Park - Level Two Bus - 4:00 - 5:30pm

Thursday- Beach Street - Level Two Bus - 4:00 - 5.30pm

We support young people out in the community, taking free hot chocolate, resources and services to young people who are less likely to access centre-based provision.

Community Allotment

Regular drop-in sessions offering friends and family of Level Two an opportunity to socialise and enjoy outdoors. (Weather permitting.)

Sexual Health

Level Two staff are trained by the Terrance Higgins Trust, offering the C-Card sexual health program to those in Year 9+.

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Counselling

Trained counsellors provide weekly counselling sessions at The Hub or at school. The aim of our Counselling provision is to enable clients to make sufficient progress in understanding and coping with their complex mental health challenges. Referrals are made by GPs, health professionals, social care team and schools. Young people and families can refer themselves. We work in partnership with local NHS mental health service.

Mentoring

Youth workers provide weekly mentoring sessions at The Hub, in the community or at school. This mental health intervention is person centred, for vulnerable young people age 7-25yrs. The outcomes achieved & referral pathways are very similar to that of counselling. Referrals can be made by school, parents/carers or by the young person themselves.

Community Allotment

Shared access to a micro allotment, providing a unique setting for mentoring, encouraging valuable skills in cultivating fresh produce. We also discuss the economic and environmental benefits of sustainable gardening, boosting physical and mental well-being while fostering a strong sense of community and social interaction.

Drop-in active wellbeing sessions at the Community Allotment

