

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 residentials 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



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



FUN 4 YOUNG PEOPLE

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

 WWW.F4YP.ORG

 INFO@F4YP.ORG

 **0300 102 4541**

[@F4YP_BEDS](https://www.instagram.com/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.

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.



FAMILY SUPPORT

Our pastoral team work with our families to provide a vital support network for them, bridging the gap to their wider community. This includes signposting for parents/carers/siblings, attending multi-agency meetings, family support groups with our child psychotherapist.



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

