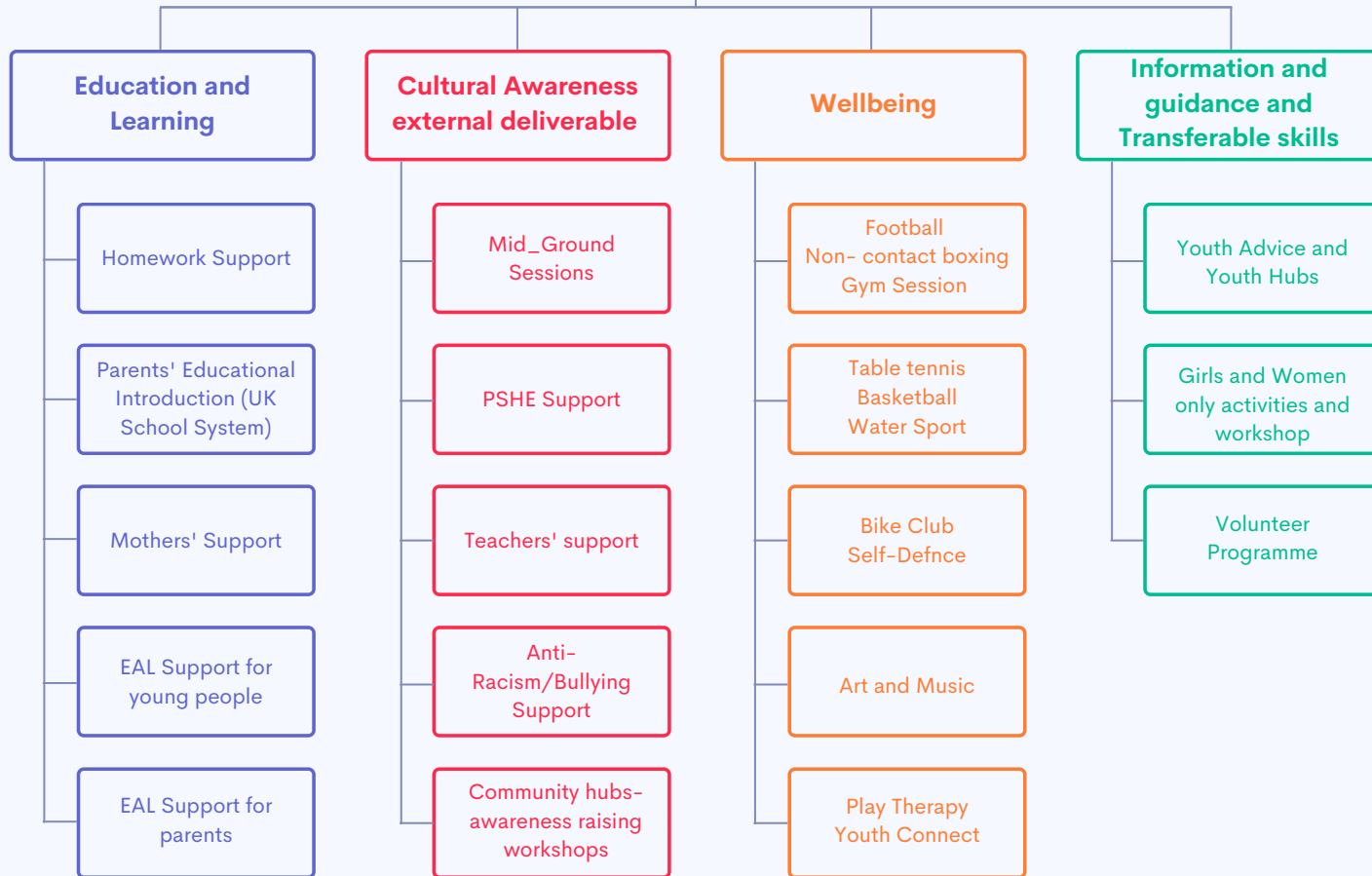




OUR YOUTH PROGRAMME



#FutureYouth Programme



Education & Learning



Homework Support

Small workshops for parents to understand the UK education system. These will enable parents to ask questions about the different stages at school and provide them with an insight of the curriculum for each stage from primary to secondary school

We offer Homework support for children aged 4 to 17 years of age. We offer a safe space while the children receive support or just want a space where they can do their homework and improve their education performance.

Parents' Education Introduction (UK school system)

An opportunity for mothers to come together and discuss topics that are important to them and improve their conversational english languages and also for them to spend time with one another

Mothers support

Children who have English as an Additional language should be identified and supported within school. This might fall under the SEN department but not necessarily. EAL children might be given word banks to help them or vocabulary lists at the start of a topic for example.

EAL parent and pupils' support

Cultural Awareness

Mid- Ground

A programme to complement what schools are currently doing with the aim to educate children of secondary school age and provide them with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. PSHE aims to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives.

An educational programme aimed at fostering acceptance and cohesion by exploring different human characteristics. We value the importance of teaching children of all ages, genders, race and backgrounds to be aware of the journeys and the lives of refugees and Asylum seekers, to be sympathetic to those who have made the difficult decisions to move away from their countries of origin. And to also celebrate social cohesion and to embrace everyone no matter their backgrounds.

PSHE

Mothers support

Children who have English as an Additional language should be identified and supported within school. This might fall under the SEN department but not necessarily. EAL children might be given word banks to help them or vocabulary lists at the start of a topic for example.

An opportunity for mothers to come together and discuss topics that are important to them and improve their conversational English languages and also for them to spend time with one another

EAL parent and pupils' support

We value the importance of teaching children of all ages, genders, race and backgrounds to be aware of the journeys and the lives of refugees and Asylum seekers, to be sympathetic to those who have made the difficult decisions to move away from their countries of origin. The importance of celebrating togetherness and embracing everyone no matter their background. We provide help and support to those who have been subject to racism and bullying for how they look or where they come from.

Anti- Racism/Bullying support

A cultural and awareness training for teachers that will provide them with the tools they need on how to either get help for children from different backgrounds and/or to be able to deliver the correct support and information.

Teachers' support

Wellbeing



Football

Our football programme offers children the importance to keep active while being able to learn key development skills, such as team working, inclusion and acceptance. Our football teams also compete in the adrenalin Devon and Junior Minor League, where they are able to play competitive and non competitive matches every Saturday against other teams around Plymouth.

A 6 to 12 week course looking at great professional boxers who have made a difference in the world. Boxing is a great way to channel anxiety, stress and any other mental health related issue. We also use non-contact boxing to help young people channel their anger and discuss any other matter that is important to them.

Non-Contact Boxing

Gym sessions

We have daily gym's sessions at our own fully equipped gym. We have different sessions throughout the day that are designated for different genders and ages to accommodate the separate needs for women, men and youths.

We have table tennis facilities for anyone to use that comes into The Plot. It's a great way for everyone in our community to take part in a fun activity that is easily accessible and anyone can partake.

Table tennis

Wellbeing



Basketball

Basketball is another sport activity that we plan to do at Plymouth Hope, we are stretching out our branches in the sports community instead of just focusing on our football programme. At Plymouth Hope we understand the importance of keeping active while being able to learn key development skills, such as team working, inclusion and acceptance.

We have seasonal watersports activities. We work with different professional organisations that deliver the sessions and it encourages confidence, while taking part in a fun activity.

Water Sports

Bike Club

We have partnered with Bike Revival to enable and support people from a range of backgrounds to better understand how to repair, maintain and ride bikes according to their abilities.

We are looking at holding self defence classes with the aim of providing people the tools to defend themselves should they be found in a difficult/dangerous situation. This is an important skill to have, due to all the distressing news that has happened in Plymouth in recent years. This is also another way to create a safe space for people to join together to form new social groups and not to feel isolated.

Self-Defence

Wellbeing



Art and Music

Art and Music is a great way to let out emotions, have fun and improve and for everyone to express their creativity.

We are looking to partner with professionals who can provide mums the support they need to support their children's development through play therapies.

Play Therapies

Youth Connect

To promote networking amongst youth groups in the city so they all come together and enhance young people social skills. An opportunity for young people to meet new young people from a range of background and partake in our wellbeing activities

Information, Guidance & Transferable skills



Youth Advice and Youth hubs

A 6-12 weeks programme for teenagers and young adults. These will take the form of Youth hubs and each week a different topic will be covered (Advice- Housing, sexual health, finance, relationship, social integration and inclusion)

A safe space for women and girls only exploring healthy relationships, staying safe and recognising abuse. These workshops will build young girls and women's confidence in other areas of everyday's life.

Girls and women's activities and workshop

Volunteer Programme

A range of trainings such as safeguarding, recognising child exploitation, equality and diversity, health and safety and much more available through our internships, student placements, work experiences, community champions and volunteer opportunities.

#FutureYouth Programme



Our participants

Children & Young people
Asylum seekers
Refugees
Ethnic Minorities backgrounds
Others from disadvantaged areas

To use wellbeing as a tool to enhance beneficiaries performance in schools, communities and lifestyle to empower future generations.

What we want to achieve

Our approach

Early Identification
Prevention
Intervention

Reduced poverty- prevent poverty
Improved lives- address inequality
Improved mental wellbeing
Improved physical wellbeing
Safe space and environment to aspire
Reduced isolation- Improved confidence, Build up and remove barriers.
Increased access to opportunities to produce positive changes

Our outcomes and Differences

#FutureYouth Programme



Who can access this programme

Young people from refugees, asylum seeking backgrounds
Local young people who are economically disadvantaged
Young people from Ethnic Minority background (Asian, Black, European...)
UASC (Unaccompanied Asylum Seeking Children)



The age group

Young people aged
4 to17 and 18 to 24



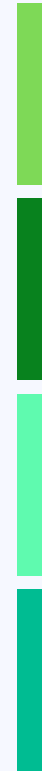
How to access the programme

Referrals from:
Wellbeing organisations, youth services,
Community connectors, statutory agencies,
Equality organisation, educational institutions,
Parents, statutory agencies,
Refugees and Asylum support agencies, self-referrals.



Getting in touch with us

Mobile/WhatsApp: 07867 801278
Email: info@plymouthhope.org.uk





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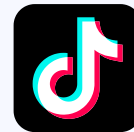
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www.plymouthhope.com



OUR LOCATION

13 Beaumont Road

Plymouth

Devon

PL4 9BA

