



Chwaraeon a Hamdden
Sport and Leisure

Youth Empowerment Programme

Lead by Actif Sport and Leisure in collaboration with our partners we're excited to introduce our 16-week Youth Empowerment Programme, a free initiative designed to support young people aged 11-14 in developing healthier behaviours, improving well-being, and gaining valuable skills.

What's the programme about?

This programme offers a safe, supportive space for young people to grow and thrive. It is open to all young people aged 11-14 as a preventative programme, not just those currently experiencing challenges. Through weekly 1.5-2 hour sessions, participants will:

- Learn about healthy relationships and setting boundaries.
- Develop coping strategies for anxiety and depression.
- Build self-discipline around substance misuse.
- Boost self-esteem and confidence.
- Acquire practical skills through engaging physical activities
- Gain support and accountability from qualified instructors, coaches, and expert partners.

Programme Structure

Each weekly session includes:

- **Welcome and Reflection:**

Meet the group, share your thoughts in a notebook, and enjoy a cup of tea

- **Physical Activity:**

Short, energising activities to get moving.

- **Workshop:**

Interactive sessions led by expert partners on key topics such as mental health, relationships, and personal growth.

- **Closing Activity & Goal Setting:**

Wrap up with physical activity and set goals for the week ahead.

Additional Support

Access to a communication platform to ask questions and share progress. Links to websites and helplines for further information and support.

Who's involved?

This is a collaborative programme delivered by Actif Sport and Leisure alongside partners, including: Police Community Support Officers (PCSOs), School youth workers, Social workers and School-based nursing teams.

How to Refer Young People

This programme is free to access. If you know a young person aged 11-14 who could benefit, refer them to us!

**For more information or to
make a referral scan the
QR code**

