Level Two Youth Project

The town’s top charity for young people, Level Two Youth Project ([www.level2.org](http://www.level2.org)) is dedicated to promoting the welfare of young people (age 7-25) in Felixstowe and surrounding villages. It provides a lively programme of activities to provide them with a whole heap of different and interesting things to do in their free time nearly every day of the week.

This includes special separate supervised group activities for young and older girls and boys, as well as a couple for boys and girls together at the Hub, which is fitted with a range of games, including pool tables, table tennis, table football and Wii, as well as computers, chill out areas and other facilities.

Supervised by qualified youth workers, each session includes time focused on a weekly “topic,” to discuss subjects, such as “healthy eating,” or “why do we need to exercise” and offers an opportunity for lively debate, or quiet reflection.

Most of these activities are held in the charity's large “Hub” above Tesco in Cobbold Road, but the organisation also operates a “detached outreach” service, using a minibus with awning, for youngsters who can’t get into town. This provides a mobile youth centre, with tables, chairs, Wifi, music and games for youngsters wherever they like to gather. Recent locations include Stennett’s Field in Trimley, Kirton Recreation Ground & Adastral Close.

Working with six of the local primary schools, Level Two youth workers also offer mentoring for young people. This includes small groups and one-to-one work on friendship, anger issues, social skills, anxiety, just generally coping with life.

Level Two has their own qualified registered counsellor who works at the Hub & at Felixstowe Academy with young people who are struggling with more complex mental health issues.

Work with Felixstowe Academy also includes one-to-one mentoring & Sexual health drop-in sessions.

Young people up to the age of 25, who might need assistance with CV writing, filling in forms, or preparing for interviews can come into the hub at any time to chat to staff & be sign posted with support to the different agencies we work with.

During school Holidays Level Two is open for young people to attend Open Access sessions & take part in offsite activities, trips & visits. Most recently these have included Bounce, Escape Rooms & the Press Start Gaming Lounge.

**Level Two has their AGM on Monday 20th May, 7.30pm at the Youth Hub.** This is always an inspiring evening where we get to celebrate the success of this unique Project & also hear about their aspirations for the coming year.

**Level Two’s current weekly programme includes:**

* Mondays: 4 - 5.30pm Girls Group for girls in school Yr. 6 – Yr. 11
* Tuesdays: 4 - 5.30pm Mixed Group for those in school Yr. 6 – Yr. 8
* Wednesdays: 4 - 5.30pm Outreach Session — Check website or Facebook for locations
* Thursdays: 4 - 5.30pm Boys Group for boys in school Yr. 6 – Yr. 11
* Thursdays: 6.30 – 8pm Mixed Group for those in school Yr. 9 – Yr. 10
* Thursdays: 6.30 – 8pm Detached Work in various locations
* Fridays: 7 – 8.30pm-Young Adult Session for young people in school Yr. 11 +
* We also run a group for young people who identify as LGBTQ. Please contact Level Two for more information about this group.

For further details on any of the above contact Shez Hopkins, Project Manager using details below.