



# Investing in Young People

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# What we do

Youth Fed is a charity supporting 8–25-year-olds, in Cheshire, Warrington, Halton and Wirral. We help 2,500 young people every month overcome the barriers in their lives and help them achieve their goals, no matter who they are or where they are from.

Over recent years, our work has become essential for many young people across the region. With the rise in mental health cases, lack in confidence, and disconnect between young people's career aspirations and available jobs in the UK, we are helping to tackle these ongoing issues through the services we offer. Providing equal chances in life for all is our passion, and we promote inclusion and social mobility through five core areas of work:

## Careers and employability

Through a range of programmes we have worked with 100% of the mainstream schools and colleges across the sub-region, worked with 400 employers and engaged with thousands of students through virtual career insights, work experiences and one-to-one mentoring. In addition, we have supported 244 young people, between the ages of 18–29, move into sustained employment.

## Mental health and wellbeing

Since 2019 we have helped over 700 young people with escalating mental ill health, some to the point of being a risk to themselves. We have also delivered mental health first aid training to 46 volunteers/adults supporting young people.

## Skills, training and education

We help prepare young people for life and the world of work through a wide range of training such as cyber security, online safety, money management and safeguarding training. As a result, we have helped 149 young people access training programmes, 124 young people move back into education and delivered over 1011 accreditations.

## Citizenship and volunteering

We provide young people with the opportunities to volunteer and get involved in social action and do amazing things for their local communities. Over 1,000 have signed up annually through the National Citizen Service (NCS), a programme designed to help with social action and build confidence in 16-17-year olds no matter their background and challenges.

## Youth group and community support

We work closely with youth organisations to help them navigate legislation, recruit volunteers, and raise funds. Over the past few years, we have raised over £295,000 for local good causes.



## Looking to the future

Our aim moving forward is for our services to become as accessible as possible to as many young people across the region. It is essential for us to continue to grow and develop our programmes to match the ever-changing needs of young people, so they feel supported and prepared for their future.

We aim to create a place where young people can feel they can find any support they need whether that is through events, learning sessions or programmes taking place in communities across the region, or online. There will be regular communications, supported by an online learning platform which allows young people to learn new skills, achieve awards and work at their own pace. Every month there will be face-to-face events that will include a range of activities, presentations from local personalities and interactive sessions run by professionals and ambassadors.



## Impact

“I feel as though I have my son back...thank you.”

PARENT OF A YOUNG PERSON

“I have really enjoyed ‘El Porto Festival’ which has been delivered by Youth Fed. I think there should be more events like this, it is good to get you off the streets and doing something that is not dull and boring.”

YOUNG PERSON WHO ATTENDED OUR SOCIAL ACTION PROGRAMME ‘EL PORTO FESTIVAL’

“This work experience has given me a better understanding of my future. It was made fun and creative, giving all the students a good but also fun, understanding of the real world. I would 100% recommend this to any other school or year groups.”

YOUNG PERSON WHO TOOK PART IN THE CHESHIRE AND WARRINGTON PLEDGE VIRTUAL WORK EXPERIENCE WEEK

“Before getting in touch with Youth Fed my mental health was already bad. I didn’t know how to think every time something went wrong, I would immediately think of the worst-case scenario. Youth Fed made me realise that there are steps you can put in place before I get to that point. I don’t know what I would have done without them.”

YOUTH GROUP PARTICIPANT AND MENTAL HEALTH SERVICE USER

If you'd like to find out more,  
please visit our website and  
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