

Programme for Young People

@ 76-80 Isledon Road

February 2026

Monday 2nd February

Peer support group 5-6pm

Monday 9th February

Gentle yoga 5-6pm

Monday 16th February

Cinema Trip: free tickets to see
Wuthering Heights
ask Edie for info & to sign up

Monday 23rd February

Creative writing workshop 5-6pm

About the YP Group

- The YP group runs from 3.30-7.30pm on Mondays
- It's a relaxed, friendly, accessible group for young adults
- YP Group volunteers, Federico, Allyson and Olivia are available for 1:1 and group support. Staff members Edie and Rebecca oversee the group.
- We base ourselves in the Purple Room upstairs and use the Training Room for the monthly Peer Support Group
- We do a mix of co-produced structured activities, outings and providing an informal space for younger service users to socialise.
- Ask Edie to join our WhatsApp group for regular updates and opportunities!