



SCDA youth team provides opportunity for young people in Newhaven and surrounding areas to focus on personal development, mental, emotional and physical wellbeing, increasing life skills, and youth voice activities. **Newhaven Youth Centre** provides a safe space and comfortable environment.



Mondays, 5-7pm: 8-11 year olds

Wednesdays, 6.30-8pm: 12-18 year olds

Fridays, 6-7.30pm: 12-18 year olds

A safe-space at Newhaven Youth Centre for fun, youth-led activities. £1 subs per session requested. Refreshment provided.



Newhaven Young People's Forum is a group of young people aged 11-18 years old that create youth-led projects and provide thoughts and feedback on local youth services and activities.

Contact: nypf@sussexcommunity.org.uk



For II-18 year olds. FREE.

Wellbeing Groups: A 6-week group programme focussing on themes that impact wellbeing through a range of fun and relaxed activities.

We can also provide this support on an individual basis.



We have trained counsellors providing FREE support for II-18 year olds through weekly sessions for up to I2 weeks. Contact: counselling@sussexcommunity.org.uk or 01273 519108 to speak to our counselling team,

CONTACT SCDA YOUTH TEAM:

E: youth@sussexcommunity.org.uk **W:** www.sussexcommunity.org.uk

T: 01273 511039



