

Would you like to know more?



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@ValleyHouseYouth



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Youth Service



We work with young people aged 13 to 25 who live in Coventry and Warwickshire. Our service is for young people who would like support to overcome challenges such as managing relationships, improving health and wellbeing, and addressing social isolation.

Who can use the Youth Service?

Young people aged 13 to 25 can use our service. For support with a variety of circumstances and issues including the following:

poor mental health

- isolation
- relationship problems
- unemployment
- housing
- money worries
- being at risk of exploitation or radicalisation.

What we offer

We offer young people a safe space to meet others, acknowledge their potential and enjoy



new opportunities. We do this through a combination of group work and one-to-one support, delivered both on site at Valley House and in the community.

The support we provide is not just about one single issue. Our service helps young people to overcome a number of barriers that may be holding them back in their lives.

The activities we offer include:

- social events
- sports sessions
- creative arts programmes
- skills development programmes
- employability courses
- accredited courses.

Activities are shaped around and led by the young person.

What is our aim?

We support young people to lead independent, fulfilling and happy lives. Through accessing our service, young people gain confidence, build supportive networks



and develop new skills. Ultimately, the work we do supports young people to make informed decisions, feel more positive about themselves and take control of their futures.



What young people say about us

"I went in to them at rock bottom. But slowly things did get better. I now know how to deal with my emotions... I can get out of bed in the morning. I know I am worth something and deserve to be happy." Sam, 25.

"The Youth Service is the reason I found the job I'm in now and I'm in the accommodation I'm in now. I wouldn't be where I am today without Valley House." Mark, 22.

"It's like a family. I do have family close by - and support workers - but it was always Valley House I turned to. They were the ones I called." Desiree, 17.