

**SILX Teen Bar**

We run an employability project on the following days:

Monday, Wednesday, Thursday and Friday. 12-pm. Ages 16-25.

Within these session we support young people with various issues in housing, budgeting, benefits etc.

We also do CV enhancements, online courses in various subject areas and work experience or volunteering.

Our work experience project allows young people to gain valuable experience within the field in which they wish to work. We have many opportunities available, this is also a great way to gain a reference and enhance their CV's.  
  
Monday, Tuesday, Wednesday and Thursday evenings, 5-pm we run a teen bar for young people aged 11-19.

We do various activities here including film nights, karaoke, arts and crafts, health related workshops, pool and sports in the summer.

**Contact:** [silxteen@aol.com](mailto:silxteen@aol.com)

Twitter: silxteen

Facebook: Silx Teen Bar

**Newsham Youth Forum**

Newsham youth forum is based in Newsham pavillion and is a youth provision for young people aged 11-19.

We run two sessions per week;

Wednesday: 4:30-6:30pm

Friday: 6-8pm

Where we do a variety of activities including arts, outdoor sports, health workshops and cooking skills for young people.