



SOFEA Enabling the transformation of people's lives

We offer employability skills, education and mental health & wellbeing support to young people aged 16-24*

Employability Programmes:

- Provides practical skills training and real work experience.
- Develop general employability skills (self-management, teamwork and communication) that can help in any role.
- Personal development by over-coming anxiety in a safe space, meet new friendly people and have a routine & structure.
- Help with identifying future goals, CV and interview preparations.



Community Food Larders

The Warehouse is run by our young people and some of the food goes out to our community larders.

A community larder is a 'pop-up' hub, a place for members of the community to access food that is surplus, make friends, access additional services and save money on your bills/food. From £3.50 a week you can get £12-15 worth of food and more.



Education: Maths and English GCSE or Functional skills

- SOFEA's personalised programmes equip our young people with the qualifications they didn't get the first time round and skills for the future.
- Study in smaller groups reducing anxiety and stress
- Receive 1:1 support if required
- Weekly mental health & wellbeing sessions
- Group activities – playing sports, creative/art sessions & community visits



Therapeutic & Wellbeing Support

We provide therapeutic support. We foster behavioural change. From emotional and relationship management to fitness activities to practical support on things like personal finance, career planning and making appointments, we help build resilience for life.



Please feel free to contact us for further information or a tour around SOFEA.

*This can be extended to 25 in education with an EHCP/SEND or employability on a case by case basis.