

DIG IT YOUTH

**A FREE SEASONAL OUTDOOR
ACTIVITY CLUB FOR YOUNG
PEOPLE AGED 8 TO 12
FROM APRIL TO OCTOBER.**

**Wednesdays 3:30pm – 5:30pm
Trust Links Shoeburyness, Elm Road, SS3 9RZ**

DIG IT YOUTH MEMBERS CAN ENJOY



Forest School activities



Arts and crafts



Gardening



Sports



Cooking



Games



Food provided!



GET INVOLVED

For more details and make a referral visit:
www.trustlinks.org/projects/dig-it-youth/
Or for more information email: youthlinks@trustlinks.org

www.TrustLinks.org
01702 213134
Registered Charity No. 1092324



TrustLinks
Youth & Families





BOULDERING TOGETHER



- 🧗 Learn to climb for just £1 per session!
- 🍌 Snacks and refreshments available
- 👥 Make friends while you try something new

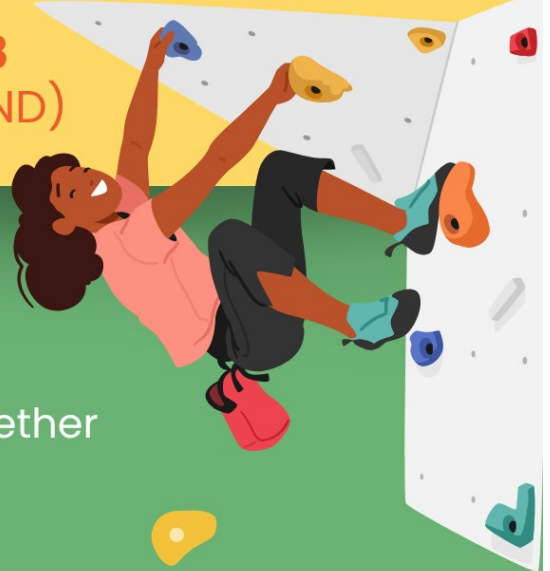


Tuesdays 4-6pm

Open to those aged 11 to 18
(up to 25 for those with SEND)

Ready to get involved?

Sign up using our online web form at:
www.trustlinks.org/projects/bouldering-together
or scan the QR below!



Charity No: 1092324
youthlinks@trustlinks.org

IndiRock, 1st Floor, Victoria Shopping Centre, Southend, SS2 5SP

Forest School Group Sessions

For Schools & Community Groups

Session Opportunities:

- Run at TrustLinkssite
- Run in-school
- Whole class or small group
- One off sessions
- Block bookings (e.g. for 1 term)
- Tailored sessions
(to support the needs of young people)

Some of our Forest School Activities include:

- Outdoor Crafts
- Den Building
- Building Bug Hotels
- Safety knowledge
- Fire Lighting

Potential Benefits of Forest School: !

- Confidence
- Communication
- Social skills
- Motivation
- Physical skills
- Knowledge and understanding

Delivered by qualified team

Level 3
Forest School
Practitioners

££
Contact
us for
pricing

COMMUNITY
GROUP
DISCOUNTS
AVAILABLE

**TrustLinks
Westcliff**
47 Fairfax Dr,
Westcliff, SS0 9AG

**TrustLinks
Shoeburyness**
Elm Rd,
Shoeburyness, SS3 9RZ



www.trustlinks.org

f X @TrustLinksltd @TrustLinksCharity

Tel: 01702 213134 Email: Admin-support@trustlinks.org

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Reference 1: <https://www.forestresearch.gov.uk/research/forest-schools-impact-on-young-children-in-england-and-wales/>

GUNNY YOUTH

NEW

Gunny Youth is a FREE positive peer support and social group for young people aged 8–16. We offer a fun, friendly and welcoming space where young people can connect, learn and grow.

Activities include:

- Sports ▪ Crafts ▪ Cooking ▪ Games
- Plus a safe space to talk about feelings and experiences



THE GUNNY

West Crescent
Canvey Island • SS8 9HU



EVERY THURSDAY

5 - 7 PM ▪ Refreshments provided

Gunny Youth is delivered in partnership by Trust Links and Yellow Door



JOIN US TODAY

To join Gunny Youth or find out more visit trustlinks.org/projects/youth-links or sign up using the QR code. Any questions? email our team: admin-support@trustlinks.org

 Yellow Door


Youth & Families

 ActiveEssex

Learning Together

An enriching alternative learning programme focused on promoting positive mental health and wellbeing!

About Learning Together

- A 12-week programme for young people aged 11-16 who are struggling to access mainstream education due to challenges with mental health and/or special educational needs (diagnosed and undiagnosed)
- Our aim is to increase confidence, improve self-esteem, and empower young people with the tools they need to recognise and manage mental health difficulties



**Tuesdays and Thursdays - term time
10am-12pm: Trust Links Rochford (free)**

Outreach session available to schools,
suitable from Year 6 (contact for costings)

**Spaces are limited - For more details
and to make a referral visit:
www.trustlinks.org/projects/learning-together**

www.TrustLinks.org
youthlinks@trustlinks.org
01702 213134
Charity No. 1092324



Thundersley Youth

Thundersley Youth is a positive peer support and social group for young people from ages 11 to 18, starting December 2024.

We run a range of activities including cooking, crafts, sports and provide a safe space for young people to talk about their feelings. Thundersley Youth is run by Trust Links, Yellow Door and Essex Youth Service.



Trust Links Thundersley

Kiln Road, Benfleet, SS7 1TF. Behind the White House



Mondays: 5pm – 7pm for ages 11 – 18



Join us today! To join Thundersley Youth or find out more:

Visit: www.trustlinks.org/projects/thundersley-youth/

If you have a question you can email our team:

youthlinks@trustlinks.org or sign up by scanning the QR code!

**YOUTH
SERVICE**


Essex County Council

TrustLinks
Youth & Families

 Yellow Door



YOUTH LINKS IS A POSITIVE PEER SUPPORT YOUTH GROUP FOR YOUNG PEOPLE FROM AGES 11 TO 18.

We run a range of activities including cooking, crafts, sports and provide a safe space for young people to talk about their feelings. Youth Links is run by mental health charity Trust Links.



📍 WESTCLIFF

Mondays: 5pm – 7pm for ages 11 – 14

Wednesdays: 5pm – 7pm for ages 15 – 18

📍 RAYLEIGH

Tuesdays: 5pm-7pm for ages 11-18

To join Youth Links or find out more visit:
www.trustlinks.org/projects/youth-links

If you have a question you can email our team:
youthlinks@trustlinks.org



Forest School

Nature Drop-In Sessions

Ages 0 - 11 Years

Children to be accompanied by parent or carers

TrustLinks
Shoeburyness

Mondays

Morning
Sessions:
10am - 12pm

TrustLinks
Westcliff

Fridays

Morning
Sessions:
10am - 12pm

Plus additional time from 12 pm to 1 pm is available
for families to enjoy lunch and explore the garden.

Some of our Forest School activities include :

- Outdoor Crafts
- Den Building
- Building Bug Hotels
- Safety knowledge
- Fire Lighting

Prices

First child: £5
Additional
children: £2.50
Under 1s: £1

Connect with
nature

Learn
new skills

Make new
friends

Build
confidence



www.trustlinks.org



@TrustLinksLtd



@TrustLinksCharity

Tel: 01702 213134 Email: admin-support@trustlinks.org

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YOGA & MENTAL WELLBEING COURSE

for 17-25 year olds

'Free!'



Join our free 10 week course!

Each session includes yoga practice, and group activities for managing mental wellbeing, eg: creative activities, cooking, journalling and more!

The course is suitable for anyone experiencing mental health challenges, including depression, anxiety and social isolation

Upcoming Start Dates

Tuesday 21st April 2026

1:00-3:00pm at Trust Links
Rochford

To register scan the QR code
or visit: [www.bit.ly/](http://www.bit.ly/Yoga-wellbeing-course)

[Yoga-wellbeing-course](http://www.bit.ly/Yoga-wellbeing-course)

Self referrals are welcome!



Funded by Active Essex Foundation as part of the Transition Age Mental Health & Physical Activity Project
www.activeessexfoundation.org/projects/transition-age-mental-health-and-physical-activity-project

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