



# Support Us



# Make a Difference

## Volunteer with Us

[www.tokko.co.uk/volunteer](http://www.tokko.co.uk/volunteer)



Support our charity fundraising events and campaigns.



Be part of the Tokko team at local events to promote our organisation and engage young people.



Support young people at our group sessions.



Share your skills and professional insight with young people as part of our Employability Skills Programme.



Showcase your career journey and inspire young people as part of National Careers Week.



Help grow our urban rooftop garden, contributing to the biodiversity of the town centre.



## Make a Donation

[www.tokko.co.uk/donate](http://www.tokko.co.uk/donate)

Give Luton's young people the chance to thrive with a one off or monthly donation. With our trusted online donation option, it's quick, secure, and hassle-free.

**£2** Provides a young person materials and resources for an activity or workshop at a group session.

**£5** Provides a young person a hot meal in our safe space.

**£10** Provides ingredients for an employability skills development session for 8 young people in our Kitchen and Hospitality Hub.

**£25** Provides a young person a qualified Youth Worker to talk too.

**£50** Provides a minibus pick up for 16 at risk young people to enabling them to safely attend a group session.

**£100** Provides 30 young people with Special Educational Needs (SEND) specialist support at a Just Like You - Inclusion group session.

**£250** Provides a terms support for a young person effected by domestic abuse via our Freedom Programme.

**£500** Provides a year's support for a young person at risk of exploitation and trafficking via our Ladies with Positive Attitudes and Boys 2 Men groups.



Young people in Luton will have access to a safe and fully equipped space at our dedicated hub and qualified Youth workers; contributing to developing meaningful connections and friendships.



Young men and boys at risk of criminal exploitation will build resilience, develop employability skills and feel empowered to make healthy choices.



Young people with Special Educational Needs (SEND) will access specialist support to gain essential life and employability skills to reduce the risk of exclusion and isolation in adulthood.



LGBTQ+ young people will have a safe and inclusive space to have their voices heard and valued.



Young women at risk of sexual exploitation will feel empowered, increased self esteem and foster positive peer relationships.



Young parents will navigate the challenges of parenthood, access essential advice on housing, benefits, returning to education, welfare rights and employment.



Young people with mental health issues will access confidential brief interventions counselling in a non-judgmental space.



Young people experiencing or witnessing domestic abuse will be supported in understanding the difference between healthy and unhealthy relationships, minimising the risk of further harm.



# Groups

Young people can complete our online registration form and come along to a session! Parents and professionals such as GPs, schools, health services, youth workers, and social workers can make referrals via our online referral form.



# Services

Professionals such as GPs, schools, health services, youth workers and social workers can refer via our online referral form. Parents and young people, please speak with your supporting professional or Youth Worker regarding a referral.

## Boys 2 Men

Mondays, 5 pm - 7 pm



Join Boys2Men (B2M), a dynamic group for young men aged 13 yrs-19 yrs, creating a positive environment to access support, connect, and feel empowered. Get involved in group activities, creative projects, Tokko's GYM and health and wellbeing activities. Build positive social connections, and share ideas in personalised mentoring sessions.

## Just Like You

Tuesdays, 5 pm - 8 pm



The Just Like You is a fun and friendly weekly session for young people 'just like you' aged 13 yrs-24 yrs with mild to moderate Special Educational Needs and Disabilities (SEND). No EHC plan is required to participate! We offer a safe, supportive space led by experienced staff and volunteers where you can have fun, make new friends, and develop important life skills.

## Drop-in

Wednesdays, 5 pm - 7 pm & Saturdays 1 pm - 4 pm



Are you aged 13-19 and looking for a fun, relaxed space to hang out in Luton? Join for Drop-In sessions on Wednesday evenings and Saturday afternoons! Get involved in exciting activities and workshops, meet new people, and enjoy everything our Youth Hub has to offer – including games consoles, pool table, table tennis, foosball, air hockey, and a chill-out zone. You'll also have access to our Gym, Hospitality Hub, Climbing Wall, Art Room, and more!

## OK2B

Thursdays, 5 pm - 7 pm



OK2B is a youth group for LGBTQ+ young people aged 13 yrs-19 yrs. We provide a friendly, welcoming space at a weekly dedicated OK2B session, where you can feel safe, be yourself, and connect with others who share similar experiences. Whether you're looking to make new friends, explore your identity, or hang out, OK2B is here for you.

## Ladies with Positive Attitudes

Fridays, 5 pm - 7 pm



Ladies with Positive Attitudes (LWPA) is a vibrant group for young women and girls aged 13 yrs - 19 yrs. It creates a supportive environment for young women and girls to achieve together, feel empowered, develop their voice, build life skills for independence, and foster positive relationships.

## Young Parents

By Referral & Self-Referral Tokko Totz Mondays 10:30am - 12:30 am



Are you a young parent or parent-to-be living in Luton? The Young Parents' Project is here to support you! Tailored for young mothers and fathers aged up to 25 yrs, we provide specialised guidance to help you navigate the challenges of parenthood. Whether you need advice on housing, benefits, returning to education, welfare rights or finding work, our dedicated Young Parent Coordinator is here to help.

## Brief Intervention Counselling

By Referral



If you're aged 11 yrs -18 yrs and feeling overwhelmed, Tokko Youth Hub offers a free, confidential short term counselling service. Our 1-to-1 talking therapies are designed to provide a safe and non-judgmental space for you to explore your thoughts and feelings with a qualified counsellor.

## Freedom Programme

By Referral



If you or someone you know is experiencing or witness to domestic abuse, Tokko's Freedom Programme is here to help. Our programme helps young people understand the difference between healthy and unhealthy relationships, reduce the risk of further abuse or exploitation, and build confidence and self-esteem.

## Our Facilities

Take a tour of our building here



**Kitchen & Hospitality Hub** - Professional and accessible Kitchen and café space, with opportunities to achieve Food Hygiene Certificates.



**Climbing Wall** - Supported by qualified climbing instructors.

Youth Hub - Gaming consoles, pool table, tennis table, foosball, air hockey and chill out area.



**GYM** - Supported by qualified instructors with access to personal training, weight management and wellbeing activities.

**Learning Hub** - A dedicated space for young people's employability skills development and training.

**Art Room** - Versatile space for visual arts with a variety of materials and equipment.

**Child Friendly Space** - Safe and fun space for Tokko Totz.

**Small Meeting Rooms** - Quiet and comfortable spaces for small meetings and appointments.



**Training & Conference Room & Multipurpose Training Facility** Versatile spaces for large meetings, conferences and events.

**Roof Terrace** - A growing urban garden contributing to the biodiversity of the town centre.



www.tokko.co.uk

Contact us

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