



## Peer Volunteering & Student Placements



## Make a Difference & Gain Experience

### Peer Volunteer (18 yrs & over) [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 developing skills with young people as part of our Employability Skills Programme.



Showcase your education and training 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.

**SIGN UP**



**NOW**

### Student Placements [www.tokko.co.uk/student-placements](http://www.tokko.co.uk/student-placements)

Looking to gain practical experience and kick-start your career?

Tokko Youth Hub offers valuable student work placement opportunities for people 18 yrs and over, attending college and university. Whether you're currently studying or looking to enter the workforce, our placements can help you get ahead.

Student work placements at Tokko provides hands-on experience in both office and youth work settings. You can learn about administrative processes, improve your IT skills, assist with reception duties, and gain experience supporting youth projects and activities. These placements are a great way to build your communication, teamwork, and problem-solving abilities while enhancing your CV.

All placements are subject to an informal interview, and spaces are limited to ensure quality supervision. Enquire early to secure your spot!

**SIGN UP**



**NOW**



**Make a Positive Impact:** Contribute to the physical and emotional development of young people living in Luton. Help support access to a fully equipped, safe Hub and trusted adults.



**Hands-on Experience:** Gain practical experience working with young people in a real-world setting.



**Skills Development:** Build valuable skills such as communication, leadership, teamwork, and safeguarding.



**Career Insight:** Explore careers in youth work, and gain insight into elements of social care, education, and community development.



**CV Enhancement:** Strengthen your CV with meaningful, relevant experience that stands out to employers.



**Professional Networking:** Connect with experienced staff, local organisations, and professionals in the public sector.



**Confidence Building:** Improve your self-esteem and communication skills through active participation and leadership experience.



**References:** Receive professional references for future employment or education.



**Access to Training:** Benefit from in-house training opportunities on topics such as mental health, inclusion, and safeguarding.



**Flexible Opportunities:** Choose from a variety of roles and time commitments to suit your interests and schedule.



## 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.

### 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.



## 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.

### 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



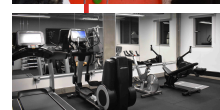
**Kitchen & Hospitality Hub** - Professional and accessible Kitchen and café space, with opportunities to achieve Food Hygiene Certificates.



**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.



#### Contact us



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#### Follow us



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