

Geographic Area	Social Justice Theme	Organisation	Contact 1	Contact 2	Info
South East	Education & Youth	Explore	click here	click here	<p>Explore is a charity whose mission is to empower young adults to explore what it takes to create and sustain happy, healthy and loving long-term relationships that was founded in Portsmouth in 2000. They rely on volunteers to support them in the following four areas: as volunteer facilitators who support Explore by facilitating session with young adults; as volunteer couples who support Explore by participating in sessions with young adults, entering into an open dialogue with them about their experiences within their relationships; as trustees; and by providing ad hoc volunteer support, such as support with social media, comms or fundraising. In addition to these volunteer roles, there is also the opportunity for those aged between 14-22 living in Kent, Essex, Berkshire, Wiltshire, Hampshire, Buckinghamshire, London or Bristol to be part of Explore's Youth Panel. This is a group of roughly 10 young adults who represent both their own views and those of their peers, to guide the work carried out by Explore – making sure it is focused on the issues that matter most to the young people it serves. To find out more about volunteering for Explore use Contact 1, to find out more about being on the Youth Panel use Contact 2.</p>

North East	Education & Youth	FOCUS	click here	-	<p>FOCUS is a youth-based charity in Leicester that has been working for over 30 years to inspire young people, aged 13- 25 years, to make positive changes in their lives and in their communities. They do this by creating an environment where young people feel safe, loved and appreciated for who they are. FOCUS has four core projects, which are: Inspire, a year-long personal development programme for 13-16 year olds that includes residential experiences, community projects, mentoring and workshops; Leicestival, which supports young people aged 13–25 to volunteer at and influence the management of Leicester’s incredible calendar of cultural festivals and events; Breathing Space, which supports young people aged 13–25 to develop the strategies and confidence to overcome mental health issues through projects based on FOCUS’ own allotment and other green spaces; Start, which uses mentoring, environmental and adventure activities to tackle the issues faced by highly isolated young people, who are vulnerable to exploitation. By taking part in FOCUS’ projects, young people gain important employability and life skills. They are able to build their self-esteem and confidence to step into their greatness and are empowered to find their voice and become the positive change they want to see in the world. Although they welcome and work with all young people, a high number of those young people FOCUS work with are living in poverty and may be facing serious issues around mental health and child protection. There are many ways you can support the work of FOCUS, whether that’s with financial support, spreading the word of their work or giving your time and expertise by volunteering.</p>
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National	Education & Youth	UpRising	click here	-	<p>UpRising believe that young people are uniquely placed to change the world and that youth leadership can tackle pressing social challenges and encourage positive social change. At the core of their work is the belief that young people have the capacity to be powerful change-makers and influencers and UpRising’s mission is to support them to unlock their potential, which will have positive impacts for society at large. Central to UpRising’s work is also the belief that The UK should have leaders in every sector that reflect the population. Our society should enable social mobility and advance diversity and equality of representation. Young people are at the forefront of change and can achieve great things. From the beginning of their programmes, they encourage young people to reflect on their strengths and develop their skills. Through carefully crafted, tried and tested sessions, they equip young people with the tools they need to achieve their goals. By the end of these programmes, young people are in a better position to fulfil their career aspirations and take on the leadership roles they deserve and jobs that are meaningful to them. There are several ways you can engage in UpRising’s work – from volunteering with them to taking part in one of their programmes if you are below the age of 24.</p>
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