

The Jack Raine Foundation is a UK charity supporting children and young adults, their families and guardians.

Children and young people are vulnerable to risks from poor choice friendships and relationships, social media and online safety while dealing with every day pressures..... it can all get a little too much.

We have based our philosophy on using positive activities as a tool of engagement to offer advice or mentoring to help them understand, seek advice, offer support and keep them safe.

Early Intervention: To help in the prevention of children and young people becoming victims of coerced circumstance, abuse or crime and help them make positive lifestyle and relationship choices.

Positive Activities: Using sport, art, dance, music, media or outdoor pursuits and adventure to deliver a positive message of social and lifestyle choices that can affect a young person's short and long term future.

Workshops include: Healthy Relationships, Coercion / Exploitation, Online and Social Media Safety and are delivered in four parts: activity, information, discussion, feedback

The Jack Raine Foundation

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The Jack Raine Foundation

Supporting young people



Vibe

(Girls 11 to 16)

Vibe is big sister mentoring programme

Vibe uses positive activities to explore the world of choices while offering support when you need it to see the bigger picture.

Age 11 to 13? Needing help understanding social media, online safety or simply need someone to talk to?

Age 14 to 16? Looking for advice on relationships, social media...anything?

Parent or guardian? If you would like more information your child's online safety, friendships or relationships please get in touch.

Professionals: If you want to find out more about how we can help a child you are working with please get in touch.

Please contact: Jolie or Lauren

t: 01904 652434

Jolie: t: 07739 752170

e: jolie@jackrainedfoundation.org.uk

Lauren: t: 07525 234000

e: lauren@jackrainedfoundation.org.uk

Healthy Relationships for Boys and Young Men

(11 to 17)

Need advice? Confused? Under pressure? Concerned over what you see online and hear from friends? Unsure of how you should be around the opposite sex? Worried about something?

We can help make sense of it, support you or even talk to others on your behalf.....we're here to help you in any way we can.

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t: 01904 652434

Jolie: t: 07739 752170

e: jolie@jackrainedfoundation.org.uk

Lauren: t: 07525 234000

e: lauren@jackrainedfoundation.org.uk

Vision

(Young women 17 to 25)

Do you need additional support and guidance? What's your next step?

Vision is here for you.

Drop in, voice your needs, explore your options and see what your future may be.

Relationships, abuse, substance misuse, sexual health, housing, anything....

Or simply pop in to have natter and find out how we can help.

Professionals: If you want to find out more about how we can help someone you are working with please get in touch.

Please contact Lisa or Jade on:

t: 01904 632089

e: lisa@jackrainedfoundation.org.uk or
jade@jackrainedfoundation.org.uk