

## Charity in York teaching disengaged kids

Thursday 25 October, 2012

During the day we are a community based Alternative Learning Provision for young people requiring support away from more formal education routes, our core age groups are 11-16 and 17-22 years of age, alot of the children we teach have been abused in some kind of way Physically/Sexually or mentally, we have to build up there trust first then we can start to help them by breaking down their barriers and set about changing the direction of their lives into a more positive one.

The charity also offers avenues into employment and volunteering for young adults aged 16 to 24yrs, providing welfare support on drug and drink related addictions, homelessness, sexual health and abuse, through drop-in advice sessions to more intense one on one mentoring.

All support is based round education, welfare, health and sport while recognising progression routes to a happy and independent lifestyle away from the negatives that are stopping the individual from making a change to their lives. Recently moving into new premises in Walmgate York, more young people and their families are accessing the charities support services.

In an afternoon and evening we open as a fitness centre offering a wide range of activities and classes including: boxing, thai boxing, kung fu, fitness classes, aerobic and anaerobic fitness, watch your weight diet monitoring, kids boxing and fitness classes, we also have a small cardio and weights room, traversing wall (climbing wall), peg board climbing wall and campus board and floor to ceiling climbing rope.

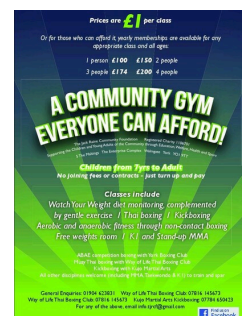
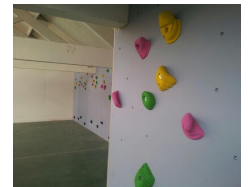
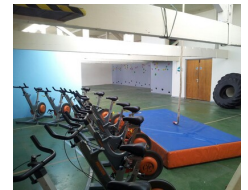
All our classes are £1 but we encourage those who can afford it to take our yearly membership of £100, this then helps to pay towards those who cannot afford the membership.

We also have 2 static caravans at Reighton sands offering holidays and respite breaks to our community who would normally not be able to afford a traditional family holiday, the holidays are heavily subsidised, a 'can afford donation' or free to families who are referred or self-referred.

Respite breaks are offered to young carers, families with a family member who is in ill or who just needs a bit of time out, refresh, to build family memories and enjoy the benefits of a family holiday.

We have just been given the use of 4 1/2 acres of woodlands just outside York, we plan on doing a wide range of activities including mountain biking, orienteering, bush craft, shelter building, bridge building and other outdoor activities.

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## Company Contact:

### [The Jack Raine Community Foundation](#)

T. 01904623831

E. [russ.jackrainefoundation@gmail.com](mailto:russ.jackrainefoundation@gmail.com)

W. <https://www.jackrainefoundation.org.uk>

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