



## **Base51**

*Base 51 is a charity set up in the heart of Nottingham to support a diverse range of young people, where everybody is welcome aged 11-25.*

*We provide a wrap around service to support the needs of young people, at a time when they need it the most. From a range of practical support services to regular support and activity groups, we are here to help young people feel healthier, happier and positive about their future.*

*We offer access to a wide range of services with tailored support through our project "Feeling Our Way" for those young people leaving care. These include*

- *Emotional Health and Wellbeing – Gym, Dance Studio, Outdoor Activities, Art Therapy, Counselling and more.....*
- *Employment Education and Training Programmes*
- *Young Leaders Programme*
- *Young Women's Group*
- *LGBTQ+ Young People Groups*
- *Business Enterprise Opportunities*
- *Performing Arts*
- *Practical support, laundry and showers*
- *And many other opportunities and activities*

*To find out more or get advice contact Base51 on 0115 9525040 or go to the website for more information <https://www.base51.org/>*