

POP

POSITIVE OUTCOMES
PROJECT

POP UPs
and
POP Outs
Coming soon!

POP Up Sessions

Our 'POP Up' sessions are mobile, flexible, and delivered right where young people are, such as, in youth centres, community centres, schools, 6th forms, colleges, town centres, at community events, or on the Youth Bus. These sessions are tailored to the needs of local young people and may take place weekly or on an ad hoc basis.

The POP team brings resources directly into these spaces, offering young people:

- Health and wellbeing support
- Signposting to other services
- Access to 1-to-1 support

We also invite key partners like WiSH and other services to attend selected POP Up events to provide additional support.

Sessions may have a particular theme, workshop-style format, or serve as a space for information, recruitment, and connection.

Key Focus Areas Include:

- Mental wellbeing
- Life skills & employability
- CV writing & mock interviews
- Building confidence & managing stress
- Youth culture & local issues
- Loneliness & isolation
- Sexual health & sexuality
- Drug, alcohol & smoking awareness
- Budgeting & money management
- Housing challenges
- Sleep, nutrition, hydration & meal planning
- And more, based on what young people tell us matters to them!

If you'd like to host a POP Up at your venue, or if you have any questions, feel free to get in touch with me directly.

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POP Out Sessions

POP Out sessions are fun, informal activities run by our POP staff in community settings. These sessions are designed to help young people get involved in outdoor or physical activities in a supportive, confidence-building environment.

Many young people have told us they're interested in trying new activities but don't always feel confident doing so on their own. POP Out offers a friendly way to get started, together.

Activities might include:

- Community wellbeing walks
- Games like badminton at local leisure centres
- Social group meetups and outdoor gatherings

These sessions are all about:

- Boosting self-confidence
- Improving mental and physical wellbeing
- Reducing loneliness and isolation
- Encouraging friendship and connection
- Providing opportunities to try something new in a safe space

Whether it's a walk in the park or a casual game, POP Out sessions make it easier for young people to connect, be active, and feel part of their community.

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