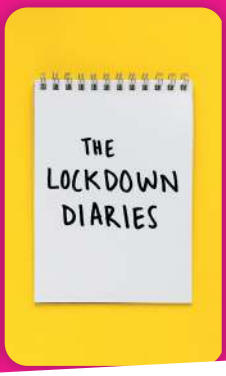

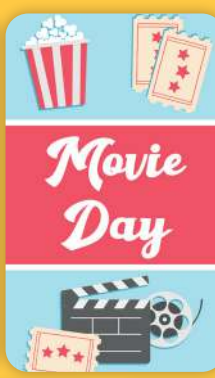

Get involved

during lockdown

We're running loads of **positive activities** right now, available on Instagram and the Youth First website.

Be a **competition winner** by writing a diary, taking a fitness challenge or performing the "Move of the Week".

Plus, don't miss our **Instagram LIVE,** including DJ sets, cooking and chats with youth workers, every week.

FOLLOW US
on Instagram
@youthfirstldn

VISIT
the Youth First website
youthfirst.org.uk

Need support?

Do you want to talk to a Youth Worker? Click the button and fill in the form at **youthfirst.org.uk/support**

You'll also find phone numbers and links to different organisations that can help you and your family.

If you can't access the internet, call us on 020 8314 9543

For more information:
youthfirst.org.uk
info@youthfirst.org.uk
020 8314 9543

@youthfirstlondon
@youthfirstldn
youthfirst.org.uk

Youth First