**CC4Y (Chat Central 4 Youth)**

We (VAC) currently run a project called Chat Central which aims to help people overcome isolation and loneliness. We have secured additional funding to support a youth focused variation of Chat Central called CC4Y that will run during the evening and at weekends when young people are often more likely to be feeling isolated or lonely and which will offer support tailored to the specific needs/interests of younger people aged 16 – 25 years.

We want to support young people experiencing isolation to access volunteering opportunities and community activity that could help them to feel positive about themselves and give them the confidence to form new social connections and relationships. Our programme of activity will support anyone aged 16 - 25 in Coventry experiencing anxiety and depression, social withdrawal, low self-esteem, and low self-confidence, which is preventing them from focusing on their futures and realising their potential.

The CC4Y project will engage young people from all areas of Coventry, whether new to the city, a student from overseas, a refugee, migrant or an established resident. The concept of linking people together with shared interests will help break down barriers of perception, build new relationships and a greater sense of awareness and understanding of the diversity and cultures of the population in Coventry.

Clients that engage in activities will build regular social contact into their evening/weekend, which may lead to them trying other new activities and pass times as they make new friends/acquaintances.

**About Voluntary Action Coventry (VAC)**

Our organisation (VAC) supports and enables voluntary activity in Coventry, working with both individuals and voluntary and community organisations to tackle inequalities and disadvantage in the city.

VAC works with people from all backgrounds including NEETS, long-term unemployed, those recovering from drug or alcohol misuse, those with mental health issues, people with learning difficulties, people with English as a second or other language, ex-offenders and individuals with low-level self-esteem and confidence.

We aim to increase and better support social action and community resilience in Coventry, strengthening communities and improving quality of life for all.

We have run an accredited Volunteer Centre for 19 years and continue to provide a service that links people who want to share their time and skills with organisations that involve volunteers.

We also hold a huge range of information about voluntary, community and social enterprises (VCSE) in Coventry through our work supporting the VCSE Alliance, which we can draw on to source opportunities for clients.