The Juice Bar

The Juice Bar is at the heart of the Alton estate and is a ‘launch pad’ for young people to use their potential by going out into their local area and beyond to make a difference. We start by meeting young people through a weekly drop in session, this is a positive place where young people can hang out and have a good time.

The ‘Bus’

The bus is a mobile youth centre for young people on housing estates in South-West London where there is little or no youth provision. The aim is to present Regenerate’s youth work aims and how young people can get involved. The bus is also equipped with gaming equipment, games and craft activities, we also organise a variety of sports workshops alongside the bus wherever it parks up.

Trips Abroad

Every year we take teams of young people involved in our activities to work alongside people in Kenya and Romania who look after children and young people in need of housing, education and food in their communities. Through exposure to the realities of poverty in developing countries, young people from London are challenged and inspired to think about how they can make a difference in the world.

Enterprise

There are many young people who have been leading negative lifestyles who are desperate for an opportunity to change, but just don’t know how. We are currently setting up a new social enterprise in the form of a sandwich business, to support, train and employ young people helping them to develop life skills that prepare them for the workplace and enhance their futures.

City Lights

City Lights organises one-day events on housing estates across London, creating practical opportunities for people to get involved in their communities. We provide training and resources, empowering people to start initiatives in their own community such as painting a youth club, cultivating a community garden and organising family fun days.

Mentoring

We mentor young people aged 13-24 years to help them make positive life changes. Those not in education, employment or training, or at risk of getting involved in gangs and crime, young parents and those exiting gangs take part in the journey. We can help them to set up their own business and offer support through coaching, CV writing, meals together, trips away and talks from inspirational leaders create a restorative experience.

The Studio

The Studio, based in the Juice Bar, is a music academy for the creation of original lyrics and instrumental music. Young artists explore their ambitions with music mentors and develop their gifts and talents through studio sessions and show case events. The academy also offers music production, songwriting, film editing for music videos and instrument and vocal workshops.

Families

We work intensively with a small number of families each year through our project ‘Refurnish’. Refurnish finds families who live in Roehampton facing extreme hardship and are in need of any items for their home. From tea-cups to trainers and bikes to beds, we will consider sourcing any item that’s needed.

Regenerate

Transformation from the inside out

Football

Regenerate’s youth work started with football clubs 14 years ago and these clubs continue to run today at the local sports and leisure centre in Roehampton for children aged 8 – 11 and young people aged 12 -18 years old. This is a fun, energetic environment where young people can perfect their football skills and play in team.