

## The Junction Supports Young People Amid Rising Isolation and Cost-of-Living Crisis

In the wake of the pandemic and the subsequent cost-of-living crisis, young people are facing increased isolation and reduced access to social activities outside the home and not on a screen. Many families have faced tough decisions about reducing extracurricular activities.

However, a recent report highlights the positive impact of youth centres. The report showed that young people who attend youth centres experience greater social connection. 77% of young people attending youth centres say they have more opportunities to make new friends and 75% state they have opportunities to learn new skills. (source: OnSide Network Impact Report 22-23)

The Junction in High Wycombe plays a vital role in supporting young people offering a safe supportive space. All sessions at The Junction are free of charge, with no need to book a place.

Speaking about the importance of The Junction, Centre Manager Paul Dyne said *"The Junction is here to provide a safe, friendly, and positive space for young people, helping them build social connections, learn essential life skills, and overcome challenges."*

For more information about The Junction and its services, visit [www.action4youth.org/the-junction/](http://www.action4youth.org/the-junction/).



## NOTES FOR EDITORS

**About The Junction:** The Junction is a multi-service drop-in youth centre that offers a wide range of sessions and activities for young people aged 11-18 years (up to 25 SEND). The organization provides specialist support to help young people with their problems and offers a fun timetable of activities to keep them engaged and connected. With a commitment to free services, The Junction is a welcoming space for young individuals to socialize, learn, and grow.

Action4Youth is a local charity dedicated to transforming young lives and providing life-enhancing experiences for young people. With over 70 years of experience, Action4Youth's programmes and services aim to inspire, challenge, and equip young individuals to reach their full potential.

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