



SOUTH WALES POLICE YOUTH TRUST

South Wales Police Youth Trust helps young people lead healthy, safe, and fulfilling lives.

The charity distributes funding to groups and individuals who work with young people aged 10-25 in the South Wales Police area. The Youth Trust funds projects for young people who are at risk of engaging with substance misuse, criminal or disorderly activity, and those who are likely to develop a negative relationship with their local police force.

Raw Performance CIC Youth Fitness Programme

Raw Performance CIC in collaboration with South Wales Police Youth Trust launched a unique Youth Fitness Programme based in Bridgend. The programme received £6,700 in funding and aims to empower young people by harnessing the positive aspects of a military-style approach to fitness, whilst fostering a supportive and engaging environment.

“We are incredibly proud to partner with South Wales Police Youth Trust on this impactful program,” says Director of Raw Performance CIC, Steve Tallis.

“Our programme, designed by trainers with 20+ years experience in leading group exercise, offers a fun and challenging approach to fitness that goes beyond physical development.”

The programme builds more than just muscle, going beyond traditional exercise routines, instilling life skills, including:

- Improved overall fitness and health
- Enhanced self-esteem and confidence
- Stronger work ethic and discipline
- Greater focus and concentration
- Reduced stress and anxiety

The programme fosters a supportive and engaging environment where young people can build confidence, develop teamwork skills, and discover the joy of physical activity.

This partnership highlights a commitment to investing in the future of the community by empowering young people through a unique and effective fitness programme.



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and Crime
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South Wales Police Youth Trust is a registered charity in England and Wales, no. 1133057.

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