

THE TEEN PROJECT

England & Wales · Charity number 1213728

Details

Other names	THE TEEN PROJECT CIC
Status	Registered
Legal form	CIO
Registered	2025-06-20
Register	View on the Charity Commission register

Contact

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Activities

Objects: THE OBJECTS OF THE CIO ARE RESTRICTED SPECIFICALLY FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF TEENAGE GIRLS AND YOUNG WOMEN WHO ARE IN NEED BY REASON OF THEIR YOUTH, MENTAL OR PHYSICAL HEALTH, DISABILITY, OR SOCIAL AND ECONOMIC DISADVANTAGE, PRIMARILY THROUGH:A) PROVIDING SUPPORT, ADVICE AND EDUCATIONAL PROGRAMMES TO IMPROVE MENTAL AND PHYSICAL HEALTH, INCLUDING PRACTICAL STRATEGIES FOR MANAGING EMOTIONS, STRESS AND OVERALL WELLBEING;B) SUPPORTING THE DEVELOPMENT OF CONFIDENCE, RESILIENCE, SELF-WORTH, AND A POSITIVE BODY IMAGE;C) FACILITATING ACCESS TO RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;D) UPSKILLING AND EQUIPPING THOSE WHO WORK WITH TEENAGE GIRLS AND YOUNG WOMEN TO BETTER SUPPORT THEIR HEALTH, DEVELOPMENT, AND ENGAGEMENT; AND E) ADVANCING PREVENTATIVE APPROACHES THAT BUILD LONG-TERM WELLBEING AND REDUCE FUTURE NEEDS.

Activities: The Teen Project delivers early-intervention programmes that support girls' mental and physical health by building confidence, resilience, and wellbeing. We run school-based courses, community sessions, and training for professionals - creating safe, inclusive spaces where girls feel stronger in mind and body, and empowered to thrive.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Dorset
- East Sussex
- Hampshire
- Reading
- Slough
- Surrey
- West Berkshire
- West Sussex
- Throughout London

Trustees

Name	Role	Appointed
Emily Verardi	Chair	2025-06-20
Sarah Louise Williams		2025-06-20
Tabitha Roanne Pollard		2025-06-20