

Organisation Name		Reference code (for office use only)
Fearless Youth Association Limited		2026-05-YWG11
Organisation Address		
27-31 Carlton Road Nottingham Nottinghamshire NG3 2DG		
Website Address		
https://fyaonline.com/		
How did you hear about the Triangle Trust		
Online		
Please describe your organisation's purpose in one to two sentences		
Fearless Youth Association (FYA) is a women and girls-focused organisation supporting young women at risk of violence, exploitation, and involvement in the criminal justice system. We deliver trauma-informed mentoring, diversion, and early intervention programmes in partnership with Youth Justice Services, schools, and safeguarding agencies.		
Type of Organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1216150	2025
Community Interest Company	Registered Companies House Number	Date Registered
No	11327684	N/A
Social Enterprise	Has your organisation been awarded the Social Enterprise Mark?	Year Awarded
Yes	No	N/A
Grant Summary		
Immediate Her Support is a trauma-informed, point-of-arrest diversion programme for high-risk young women and girls. Delivered in partnership with police and Youth Justice Services, it provides rapid 1:1 mentoring support within 48 hours to reduce reoffending, address exploitation, and divert participants		
Please describe your principal beneficiaries.		
Fearless Youth Association (FYA) is a specialist women and girls organisation working primarily with young women and girls aged 11-25 who are at high risk of, or already involved in, the criminal justice system, including those who are care-experienced, outside education or at risk of exclusion, and affected by gangs or County Lines exploitation; we focus on those known to Youth Justice Services, police diversion schemes, and safeguarding partners.		
Please describe the specific local needs of the young women and girls you work with that this project will address		
<i>Maximum 4000 characters</i>		
The young women and girls supported through this project face multiple and overlapping vulnerabilities that significantly increase their risk of entering or becoming further involved in the criminal justice system. Across Nottingham and surrounding areas, local agencies continue to identify increasing numbers of girls affected by criminal exploitation, County Lines activity, gang association, school exclusion, trauma, domestic abuse, poor mental		

health, and family instability. Many of the young women and girls we work with are already known to Youth Justice Services, police diversion teams, social care, safeguarding services, or Pupil Referral Units (PRUs).

Despite this growing need, there remains a significant lack of gender-specific and trauma-informed diversionary support available for girls at the point of arrest or immediately following an Out of Court Disposal (OoCD). Existing services are often designed around the experiences and behaviours of boys, meaning girls' experiences of exploitation, coercion, unhealthy relationships, emotional trauma, and hidden offending are frequently overlooked or misunderstood. Many girls involved in offending are themselves victims of abuse, manipulation, or exploitation, yet they are criminalised before appropriate support is offered.

Young women and girls referred to FYA often present with complex needs, including low self-esteem, emotional dysregulation, poor school attendance, disengagement from education, unstable housing, experiences of violence, and distrust of statutory services. Many are isolated and lack safe, trusted adults or positive peer networks. Girls involved in gangs or County Lines are particularly vulnerable to coercion, sexual exploitation, and violence, but frequently do not identify themselves as victims or seek support. There is also a clear local need for earlier intervention immediately after police contact or first-time offending. Without timely support, many young women and girls quickly become trapped in cycles of reoffending, exclusion, exploitation, and escalating risk. The period immediately following arrest or an OoCD presents a critical opportunity to intervene before behaviours become entrenched and before girls progress deeper into the criminal justice system.

Immediate Her Support has been designed specifically to address these gaps. Through rapid, trauma-informed, gender-responsive intervention delivered within 48 hours of referral, the project will provide targeted mentoring, emotional support, exploitation awareness, and family engagement tailored to the unique experiences of young women and girls. The project will work closely with Youth Justice Services, police diversion teams, schools, PRUs, and safeguarding partners to ensure girls receive coordinated support at the earliest possible stage, helping to reduce reoffending, improve wellbeing, and increase long-term safety and stability.

What are the key outcomes you will be seeking to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system?

(Maximum 3000 characters)

The overall aim of Immediate Her Support is to reduce the likelihood of young women and girls becoming further involved in the criminal justice system by providing early, trauma-informed intervention at a critical point following arrest or an Out of Court Disposal (OoCD). The project will support participants to increase safety, stability, emotional wellbeing, and engagement with positive support networks and opportunities.

The key outcomes we aim to achieve are:

Reduced offending and reoffending

Young women and girls will be less likely to reoffend or progress further into the criminal justice system as a result of receiving timely intervention, intensive mentoring, and tailored support immediately following police contact or an OoCD.

Reduced vulnerability to exploitation and harmful peer influence

Participants will develop a greater understanding of criminal exploitation, coercion, unhealthy relationships, gangs, and County Lines activity. They will be supported to recognise risks, improve personal safety, and reduce involvement with exploitative individuals or environments.

Improved emotional wellbeing and emotional regulation

Young women and girls will improve their confidence, emotional resilience, self-esteem, and ability to manage conflict, stress, and challenging situations. Through trauma-informed mentoring and structured support, participants will develop healthier coping strategies and decision-making skills.

Increased engagement with education, training, and support services

Participants who are disengaged from education or at risk of exclusion will be supported to re-engage with school, PRUs, training, or other positive pathways. The project will also increase engagement with wider support services, including safeguarding, mental health, and family support provision.

Increased trust in positive support networks and professionals

Many of the young women and girls referred to the project have experienced trauma, discrimination, or negative experiences with statutory services. Through consistent mentoring and relationship-based practice, participants will build trust in safe adults, support workers, and local services.

Improved family relationships and stability

Where appropriate, the project will work with parents, carers, and families to improve communication, strengthen support networks, and create safer home environments that reduce the likelihood of further offending or exploitation.

By achieving these outcomes, the project will help young women and girls move away from harmful pathways and towards safer, healthier, and more positive futures.

How will you track the impact you are making?

(Maximum 3000 characters)

Fearless Youth Association (FYA) will use a robust monitoring and evaluation framework to track both the short-term and longer-term impact of Immediate Her Support on young women and girls at risk of offending or already involved in the criminal justice system. At the start of the programme, each participant will complete an initial assessment with their assigned practitioner to identify risks, vulnerabilities, strengths, and support needs. Baseline information will include offending history, school or training engagement, emotional wellbeing, exposure to exploitation, family relationships, and involvement with statutory services. Individual support plans and measurable goals will then be developed collaboratively with each young woman or girl.

Throughout the 12-week intervention, practitioners will maintain detailed case records, attendance logs, mentoring notes, safeguarding reports, and referral outcomes. Progress will be reviewed regularly through one-to-one sessions and multi-agency meetings with referral partners, including Youth Justice Services, police diversion teams, schools, PRUs, and safeguarding professionals.

To measure change, FYA will use a combination of quantitative and qualitative methods, including:

- Pre- and post-intervention wellbeing and confidence assessments
- Monitoring reoffending or repeat police contact where data-sharing agreements allow
- Tracking engagement with education, training, employment, or support services
- Recording reductions in risk indicators linked to exploitation, gang association, or harmful peer networks
- Attendance and completion rates for the programme
- Participant feedback forms, reflective journals, and case studies

We will also gather feedback from families, Youth Justice practitioners, police diversion teams, and other partner agencies to assess improvements in behaviour, engagement, and stability.

The project's outcomes will be reviewed quarterly to identify emerging trends, challenges, and areas for improvement. Findings will inform ongoing programme development and ensure that delivery remains responsive to the needs of high-risk young women and girls. Importantly, FYA recognises that success for this cohort is often incremental. Alongside measurable outcomes such as reduced offending, we will also capture softer outcomes including increased trust, improved emotional regulation, stronger relationships, improved self-worth, and greater feelings of safety and belonging.

This combination of evidence, lived experience feedback, and partnership monitoring will enable FYA to clearly demonstrate the project's impact and learning over the life of the grant.

What are the key activities you will undertake with this funding to achieve these outcomes?

(Maximum 3000 characters)

Through Immediate Her Support, Fearless Youth Association (FYA) will deliver a structured programme of trauma-informed, gender-responsive interventions designed specifically for young women and girls at risk of offending or already involved in the criminal justice system.

The project will begin with a rapid-response referral process in partnership with Police custody suites, Youth Justice Services (YJS), safeguarding teams, schools, and Pupil Referral Units (PRUs). Young women and girls referred at the point of arrest or following an Out of Court Disposal (OoCD) will be contacted within 48 hours to ensure timely engagement at a critical intervention point.

Each participant will receive an initial assessment and personalised support plan identifying risks, vulnerabilities, strengths, and goals. The core activity will be a 12-week intensive mentoring programme delivered through weekly one-to-one sessions with a trained female practitioner or peer mentor. Mentoring will focus on building trust, emotional wellbeing, confidence, resilience, and positive decision-making while addressing the underlying causes of offending behaviour.

Alongside mentoring, participants will take part in targeted interventions covering:

- Criminal exploitation, gangs, and County Lines awareness
- Healthy relationships and recognising coercion and abuse
- Emotional regulation and conflict management
- Media Literacy
- Self-esteem, identity, and resilience building

Where appropriate, the project will also deliver family engagement sessions to improve communication, strengthen support networks, and reduce conflict or instability within the home environment.

FYA will provide advocacy and practical support to help participants engage with education, PRUs, training providers, safeguarding services, mental health support, and other local services. Staff will attend multi-agency meetings and work closely with Youth Justice practitioners and police diversion teams to ensure coordinated and consistent support around each young woman or girl.

The project will also incorporate lived-experience peer support, enabling participants to engage with positive female role models who understand the challenges associated with exploitation, offending, and trauma.

In addition to direct delivery, regular progress reviews and risk assessments will be undertaken throughout the programme to monitor outcomes, safeguard participants, and adapt support where required.

By combining early intervention, trusted relationships, trauma-informed mentoring, and multi-agency partnership working, the project will help young women and girls reduce offending behaviours, increase emotional resilience, improve engagement with positive opportunities, and move away from harmful and exploitative pathways.

How many girls will you be working over the course of the grant?

60

Does your proposed project already exist or is this a new piece of work?

If this project is already operating, please describe how you will build on what you have achieved to date.

If this is a new piece of work, please explain what this funding will enable you to do differently.

(Maximum 3000 characters)

Immediate Her Support builds on Fearless Youth Association's (FYA) existing experience delivering trauma-informed mentoring, violence prevention, and early intervention programmes for young women and girls affected by exploitation, gang involvement, social exclusion, and youth violence. While the specific point-of-arrest diversion model is a development of our current provision, the project has been informed by several years of frontline delivery supporting high-risk young women and girls across Nottingham and surrounding areas.

FYA has an established track record of working with young women and girls who are NEET, at risk of school exclusion, involved in harmful peer groups, or known to safeguarding and youth justice agencies. Through our mentoring and prevention programmes, we have supported participants to improve emotional wellbeing, build confidence and resilience, reduce involvement in risky behaviours, and engage positively with education, training, and support services.

Over time, we have identified a significant gap in gender-responsive support available immediately following police contact, arrest, or Out of Court Disposal (OoCD), particularly for girls affected by trauma, exploitation, and coercion. Existing diversionary services are often not designed around the experiences of girls, resulting in many young women and girls not receiving the early intervention needed to prevent escalation into further offending or exploitation.

This project will build on our current partnerships and referral pathways with schools, Pupil Referral Units (PRUs), safeguarding professionals, community organisations, and local support agencies by strengthening collaboration with Youth Justice Services, police diversion teams, and custody-based referral pathways. It will allow FYA to provide a more structured and timely intervention specifically targeted at girls at a critical point of vulnerability.

The funding will enable us to expand our specialist mentoring provision, formalise rapid-response referral processes, and introduce a dedicated point-of-arrest intervention model delivered within 48 hours of referral. We will also strengthen our use of lived-experience peer mentors and enhance family engagement support to improve long-term outcomes for participants.

By building on our existing expertise, trusted relationships, and trauma-informed practice, Immediate Her Support will enable FYA to deepen its impact and provide an earlier, more targeted response for young women and girls most at risk of entering or becoming further involved in the criminal justice system.

What expertise and track record do you have to be able to deliver this work successfully? Please specifically mention your expertise linked to gender and trauma informed approaches.

(Maximum 3000 characters)

Fearless Youth Association (FYA) has extensive experience delivering trauma-informed, gender-responsive support for young women and girls affected by violence, exploitation, social exclusion, and involvement in harmful or offending behaviours. Our organisation was established to address the lack of safe, specialist support available to young women and girls facing multiple disadvantages, and our work is rooted in understanding the unique experiences and pathways that place girls at risk of criminalisation.

For over eight years, FYA has delivered mentoring, early intervention, violence prevention, and wellbeing programmes supporting young women and girls aged 11-25 who are NEET, care-experienced, at risk of school exclusion, affected by gangs and County Lines exploitation, or known to safeguarding and youth intervention services. We have supported participants experiencing trauma, domestic abuse, emotional distress, poor mental health, unstable family relationships, and harmful peer influence.

Our expertise is strongly grounded in gender-responsive practice. We recognise that girls' experiences of offending and exploitation are often shaped by trauma, coercion, abuse, unhealthy relationships, and unmet emotional needs. As a result, our programmes are specifically designed to create safe, women-only environments where participants feel understood, respected, and able to engage openly without fear of judgement or stigma. FYA's approach is trauma-informed at every stage of delivery. Staff and volunteers are trained to understand the impact of trauma, adverse childhood experiences, exploitation, and emotional harm on behaviour and decision-making. Our interventions prioritise safety, trust, consistency, empowerment, and relationship-based support. We focus on understanding the reasons behind behaviours rather than simply responding to behaviours themselves.

Through one-to-one mentoring, group interventions, peer support, and advocacy, we help young women and girls build emotional resilience, confidence, self-worth, and positive coping strategies. Our work also incorporates restorative and strengths-based approaches that encourage participants to identify their goals, strengths, and aspirations while reducing risk and harmful behaviours.

FYA has a strong track record of successfully engaging young women and girls who are often described as "hard to reach" or disengaged from mainstream services. Our lived-experience-informed approach helps build trust with participants who may have negative experiences of authority or statutory agencies. We work collaboratively with schools, Pupil Referral Units (PRUs), safeguarding teams, community organisations, and youth support services to ensure participants receive holistic and coordinated support.

We also have experience delivering programmes linked to violence reduction, knife crime prevention, emotional wellbeing, peer mentoring, leadership development, and diversionary support. Across our projects, we have con

Does your organisation have existing knowledge and expertise working across the criminal justice system?

(Maximum 3000 characters)

Yes. Fearless Youth Association (FYA) has significant experience supporting young women and girls who are at risk of, or already involved in, the criminal justice system through trauma-informed early intervention, mentoring, and violence prevention programmes.

For several years, FYA has worked with young women and girls affected by gang association, criminal exploitation, County Lines activity, school exclusion, serious youth violence, and social isolation. Many of the participants we support are already known to Youth Justice Services, safeguarding teams, schools, Pupil Referral Units (PRUs), social care, and local community safety partnerships.

Our team has experience working alongside statutory and community partners to support young women and girls whose offending behaviour is often linked to trauma, coercion, abuse, unmet emotional needs, adverse childhood experiences, and exploitation. Through our mentoring and intervention programmes, we have supported participants who have experienced police contact, arrests, risky peer association, and involvement in harmful environments.

FYA has developed strong working relationships with schools, PRUs, safeguarding professionals, violence reduction initiatives, and community organisations supporting vulnerable young people. Our work is informed by a clear understanding that girls often enter the criminal justice system through different pathways than boys and require specialist, gender-responsive approaches that recognise the impact of trauma, unhealthy relationships, exploitation, and hidden harm.

Our staff and volunteers are experienced in delivering relationship-based support, risk reduction interventions, safeguarding, conflict management, and emotional wellbeing support for young women and girls with complex needs. We also incorporate lived-experience approaches where appropriate to strengthen trust, engagement, and credibility with participants who may distrust statutory services.

In addition, FYA understands the importance of multi-agency working within the criminal justice system. We regularly engage with professionals involved in safeguarding, education, youth intervention, and violence prevention to ensure participants receive coordinated support and referrals to appropriate services.

Immediate Her Support will build on this existing expertise by strengthening our partnership work with Youth Justice Services, police diversion teams, and point-of-arrest referral pathways. The project will enable us to apply our established trauma-informed and gender-specific practice within a more structured diversion framework aimed at reducing offending and preventing escalation into the criminal justice system.

Through our experience, trusted community relationships, and specialist focus on young women and girls, FYA is well placed to deliver effective early intervention support for those most at risk of criminalisation and exploitation.

Please explain how the grant will be spent and include a topline budget with brief explanations

(Maximum 3000 characters)

Topline Annual Budget (£31,000 per year)

Budget Item	Annual Cost	Explanation
Project Practitioner (part-time contribution)	£18,000	Delivery of mentoring, assessments, case management, safeguarding, partnership coordination
Peer Mentor / Sessional Support	£4,000	Lived-experience mentoring and participant engagement
Programme Delivery Costs	£3,000	Session resources, wellbeing activities, exploitation awareness materials
Participant Support Costs	£1,500	Travel, refreshments, emergency engagement support

Staff Training & Safeguarding Supervision	£1,500	Trauma-informed practice, safeguarding, exploitation awareness
Monitoring & Evaluation	£1,000	Outcome tracking, data collection, reporting
Partnership & Multi-Agency Engagement	£1,000	Coordination meetings and referral pathway development
Management & Organisational Overheads	£1,000	Insurance, administration, utilities, governance support
Total Annual Cost: £31,000		

Who will be responsible for overseeing and delivering this work?

(Maximum 3000 characters)

The Immediate Her Support project will be overseen by Fearless Youth Association's senior leadership team and delivered by experienced female practitioners with expertise in trauma-informed mentoring, safeguarding, youth intervention, and gender-responsive support for young women and girls at risk of offending and exploitation.

Overall strategic oversight will be provided by the Project Lead (Danielle White), who has extensive experience managing community-based programmes focused on violence prevention, youth engagement, safeguarding, and support for vulnerable young women and girls. The Project Lead will be responsible for partnership development, quality assurance, safeguarding oversight, monitoring and evaluation, and ensuring the project delivers against agreed outcomes and objectives.

Day-to-day delivery will be led by a dedicated Project Practitioner (Ann Njuguna) who will coordinate referrals, undertake assessments, manage individual support plans, and deliver one-to-one mentoring and intervention sessions. The practitioner will have experience working with young people affected by trauma, criminal exploitation, school exclusion, emotional wellbeing challenges, and involvement in risky behaviours.

The project will also involve trained female Peer Mentors and sessional staff, including individuals with relevant lived experience where appropriate. Peer mentors will support engagement, relationship-building, and delivery of targeted interventions around exploitation awareness, emotional resilience, healthy relationships, and positive decision-making. Their involvement will help strengthen trust and credibility with participants who may be disengaged from traditional services.

All staff and volunteers involved in the project will receive appropriate safeguarding training and support, including training linked to trauma-informed practice, exploitation, violence against women and girls, emotional wellbeing, confidentiality, and professional boundaries. FYA will work closely with external partners including Youth Justice Services, police diversion teams, safeguarding professionals, schools, PRUs, and local authority services to ensure a coordinated multi-agency approach. Regular case reviews, supervision sessions, and partnership meetings will help ensure participants receive safe, consistent, and effective support.

The organisation's trustees and management team will also provide governance and accountability throughout the life of the grant, ensuring that the project remains aligned with FYA's safeguarding responsibilities, organisational values, and intended outcomes for young women and girls.

How do you plan to continue this work once the grant ends?

(Maximum 3000 characters)

Fearless Youth Association (FYA) is committed to ensuring that the impact and learning from Immediate Her Support continues beyond the life of the grant. Sustainability is a key part of our organisational approach, and we will use the funding period to strengthen

partnerships, build evidence of impact, and position the project for longer-term continuation and growth.

Throughout the project, we will work closely with Youth Justice Services, police diversion teams, safeguarding partners, schools, PRUs, and local authorities to embed the programme within existing referral pathways and local early intervention strategies. By demonstrating strong outcomes for young women and girls at risk of offending, we aim to establish Immediate Her Support as a valued and necessary part of the local support landscape.

We will collect robust monitoring and evaluation data throughout the grant period, including evidence linked to reduced reoffending, increased engagement with education and services, reduced exploitation risks, and improved emotional wellbeing. Alongside quantitative data, we will gather case studies, participant feedback, and partner testimonials to demonstrate both impact and value for money. This evidence will support future funding applications and commissioning opportunities.

FYA will actively pursue continuation funding from a range of sources, including charitable trusts, local authority commissioning opportunities, violence reduction funding, youth justice and prevention funds, and partnerships with community safety initiatives. The project strongly aligns with local and national priorities around violence reduction, prevention, safeguarding, and early intervention, increasing its potential for future investment.

As part of the sustainability plan, FYA will also strengthen the skills and capacity of peer mentors and community volunteers involved in the project. This will help create a longer-term network of trained women with lived experience who can continue supporting young women and girls within the community.

In addition, the relationships and referral pathways established during the project will continue to benefit participants beyond the funded period. FYA intends to integrate key elements of Immediate Her Support into its wider mentoring and intervention services, ensuring that trauma-informed and gender-responsive support for high-risk young women and girls remains part of our core delivery model.

Ultimately, we see this project as an opportunity not only to support vulnerable young women and girls immediately, but also to strengthen long-term systems of support, partnership working, and early intervention across the local area.

Will you be receiving funding from any other sources for this project?

(Maximum 3000 characters)

Yes

Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.

Yes

Reason why not all staff have DBS checks.

Total funding requested in this application (£30,000 to £100,000 with a maximum of £50,000 in one year)

£31000

Proposed grant start date	Proposed grant duration in months
11/20/2025	24

How much funding is required each year?

Year 1	Year 2	Year 3
£31000	£31000	£31000

What was your organisation's expenditure in the most recent financial year?	What was your organisation's annual income in the most recent financial year?
£174845	£208703
What value of unrestricted reserves did your organisation have at the end of the most recent financial year?	
£32850	