

UP Prop Project

SAFE SPACE FOR YOU

**Small creative
group activities
for young adults.**

Before the project, I found it difficult to talk to others my age. The Prop Up Project has acted as a stepping stone to improving my confidence, feeling comfortable with people my age.



safe

**SUPPORTIVE | APPROACHABLE
FRIENDLY | ENVIRONMENT**

For people going through
life challenges

UP Prop Project

SAFE SPACE FOR YOU

Young Adults

Friendly & Relaxed Environment

Creative Group & Individual Activities

Get Involved at Your Own Pace

Improved Emotional Wellbeing

**Contact a team member
for a referral to join**

Last Monday of the Month
MORECAMBE CHURCH OF ASCENSION



 @PropUpProject  @PropUpProject1  Propupproject@gmail.com  0756 893 7988

Supportive Approachable Friendly Environment (SAFE) is a registered charity, number: 1203674