

FoxtOn News

We are here.

AUTUMN 2026 EDITION



7 young people. 3 peaks. 1 huge day.

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Welcome

This summer, seven young people stood on top of the Yorkshire Three Peaks, our new centre celebrated its first birthday, and 98 women found support through our extended women's service.

It's also been a hard season. We said goodbye to our Day Centre, and to Andrew, and more young people than ever are facing homelessness.

Through all of it, our staff, volunteers, partners and supporters kept turning up. Thank you. We are here because you are.

Cath Coffey, CEO

Up the Yorkshire Three Peaks!



With our partners at Lancashire Youth Challenge, youth worker Fayyaz took seven young people from Youth Station, our bus station project, to the tops of the Yorkshire Three Peaks. It was a real challenge and they pushed themselves all the way. We couldn't be prouder.



Results to be proud of

It's not all about the challenges young people face. We love celebrating what they achieve.

Our young people have done brilliantly this year, with some fantastic GCSE results. We've helped several of them move on to college and apprenticeships.

We're proud of every one of them!

80

young people every Friday

Friday nights at the bus station

Youth Station, our project at Preston Bus Station, supports up to 80 young people every Friday night.

Our youth workers are there to chat, keep young people safe and help with whatever they're facing. It's where Fayyaz met the young people who climbed the Three Peaks.

See pages 4 and 5 for our summer.



Fully booked!

NEW

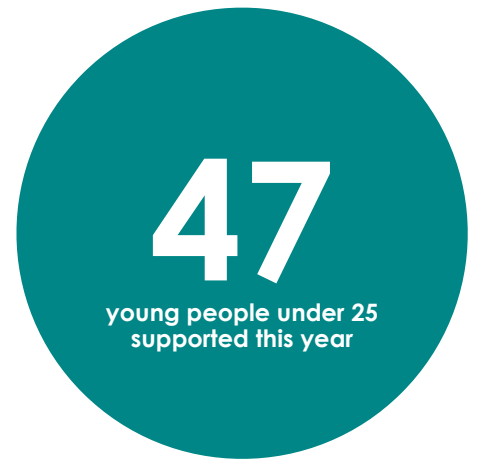
Community Café Course

Our 8-week course with Beanstalk started on 16 September and was snapped up by the local community.

Everyone gains Level 2 Food Hygiene, barista training and skills for work, plus the chance to volunteer in our community café, which we hope to open Tuesday to Thursday.

More young people are facing homelessness

We've seen a rise in youth homelessness this year. Our youth workers and homeless team now work side by side to advocate for young people and support them. It's a new way of working, and although we don't advertise it, the numbers keep growing. A small grant from LandAid helps fund this work.



This summer alone, we...

1

helped a young person escape exploitation and the criminal life they'd been drawn into, and secure a supported flat, so they no longer rely on others involved in crime for a bed each night.

2

helped a young person who was at risk of violence, both at home and in the community, to move out of the area for their own safety.

3

supported a family of young carers who were facing homelessness while still caring for their parent. They now have a new home and went back to education in September.

4

supported two siblings: one in care, and one left homeless after a parent died. Each needed their own support, and we've helped them stay connected as a family.

Good news! One of our young people, who has been in care and needed our help for a long time, has just moved into their own place with support. It took a lot of safeguarding work with the police vulnerability team and Lancashire County Council's Looked After team. An amazing achievement.

Speaking up for young people

We joined Mark Hendrick MP and his team for a round table on youth homelessness in Preston, with Lancashire County Council, Emmaus and Preston City Council.

41%

rise in youth homelessness in the North West in a year (Centreport)

23 in 1,000

young people in the North West: the highest regional rate in England

£70 a week

average housing benefit for under-35s. A Preston one-bed is £103.56

A summer packed with fun

We extended our youth work over the first four weeks of the summer holidays, so young people had more time together somewhere safe. Sessions were booked to capacity and then some.

80

young people, 200+
attendances



Glow in the dark

Neon bibs, UV lights and a lot of noise at our glow-in-the-dark session.



Residential weekend

Some of our young people spent a weekend away. Thank you to the Boathouse Youth for letting us use their site.



Four weeks of holiday fun

Team building, sport, arts, cooking workshops and trips, with food at every session.



Painting the goal posts

Young people painted goal post outlines onto the car park fence, so it could be used as a goal for summer games.



Save a Life training

Knife-injury first aid with A&E doctors from Royal Preston Hospital, funded by the Police and Crime Commissioner.



Congratulations, Sam!

Our young people celebrated the wedding of Sam, one of our youth workers. We wish you both every happiness.

Summer across Foxton



Happy first birthday to our new centre!

We celebrated one year in our new Youth and Community Centre with face painting, games, a very calm snake and two friendly alpacas.



Summer reading event

Over 100 people came to our summer reading event to celebrate the Year of Literacy, with books and stories for all ages.



Red Rose Car Club

Raised over £3,000 and a pallet of food for our young people over the holidays. Thank you!



Self-defence for women

Pam is now a trained self-defence coach for women, and runs sessions across our services with Hope Prevails.



Picnic in Winckley Square

Our homeless team and the people they support enjoyed the sunshine.



Strike!

Bowling and cinema trips gave the people our homeless team supports a welcome break from everyday pressures, and time together.



A kickabout in the park

Summer fun for the people our homeless team supports. Staff saw people relax, laugh and open up.

More nights of support for women on the streets

Our Big SleepOut 3 in March 2026 was a huge success. The money raised means our women's service is now open four nights and two afternoons a week, so more women can get warm, eat, shower and talk to someone who's on their side.

Since April we've supported 98 women through 754 support sessions.

4 nights
and 2 afternoons
a week

98
women
since April



Big SleepOut 3, March 2026

Just in time

One of our team noticed a woman with a large wound on her leg. She was alcohol dependent and crying with the pain. With support from Gemma, our drug and alcohol worker, she went to hospital, where doctors found 22 larvae eggs embedded in the wound.

They told us she'd arrived just in time, before she was at risk of losing her leg. She stayed in hospital for a few days and we supported her to keep up her treatment.

REFUGEE SUPPORT

A long way from home

One Thursday afternoon this summer, a 19-year-old walked into the Youth Centre and, with limited English and good old Google Translate, asked for help with housing.

Over a few days of building trust, we learned he'd come to Preston after two years in Scotland, where he'd arrived as an unaccompanied child and been looked after by the council. He has an ARC card as an asylum seeker, and he'd heard there was a community from his heritage here.

We're working with Lancashire County Council's Looked After team, who are liaising with the Scottish authority, and with the modern slavery team to get him legal advice and support.



Cooking, conversation and plenty of Zumba



Twice a week we host **Sanctuary Cookalong**, who run community cooking workshops and shared meals for migrants, refugees and local residents. Through cookalongs, skills sessions and social activities they build confidence, reduce isolation and help people take part in community life. In term time there are English lessons, conversation practice, cooking groups and Zumba every week.

Here's what people say

"The Foxton Centre Cookalongs have changed my life. I've gained confidence in the kitchen, improved my English skills, and found a supportive community. It is wonderful."

COOKALONG MEMBER

"Yesterday was excellent and amazing, starting with Zumba. My ladies are gorgeous, and they enjoyed it as usual. Good vibes!"

ZUMBA REGULAR

"It helped me to speak English with confidence. I think events at Foxton Centre helped everyone."

ENGLISH CLASS LEARNER

"I feel like I am part of a supportive group, which has made a big difference in my daily life."

COOKALONG MEMBER

"Foxton Centre is the greatest place. The staff are very friendly and welcoming. I really enjoyed being there."

GROUP MEMBER



Saying goodbye to our Day Centre



We're very sad to share that our Homeless Hub and Day Centre on Fox Street closed at the end of September 2026. We didn't have the funds to keep it open.

We'll keep working with the 18 partners who delivered services there every day, and we're expanding our outreach to reach people on the streets and the hidden homeless.

Look out for our outreach team, working with Probation, CGL and the Preston Primary Care Network to provide health care to people who are homeless or at risk of homelessness.

1,000+ people supported since 2022

What people told us about Fox Street

100%

felt welcomed when they first came

100%

were treated with dignity and respect

100%

said it helped them with their lives

87%

got the help they needed

87%

felt safer because of the support

77%

felt less isolated

81% said they wouldn't have got this support without Foxton, including GPs and emergency health care. From our latest quarterly survey.

A sweet celebration

In July, Westinghouse Springfields in Salwick gave us £1,000 to mark their 80th anniversary.

Staff raised it with a bake-off, and every penny supports our work with people facing homelessness. Thank you to everyone who baked and ate the cakes!

From visitor to volunteer

Four months ago, a man came to the Day Centre for help. Today he's in recovery, back in touch with his family, and helps us most days with cooking, logistics and support. We're so proud of him.

Volunteer spotlight: Chris



Chris's handiwork: our new garden bed

If you've been to our Youth and Community Centre, you'll have met Chris. He's been part of Foxtan for over 14 years, first as someone we supported and now as a volunteer who's key to running the centre day to day.

He's always there with a smile, welcoming people and offering patience and kindness to anyone who needs it. He also helps at his local church and volunteers clearing train tracks across the city. He's a special kind of person and we're so grateful for him.



Remembering Andrew

One of the last occasions we marked at the Day Centre was a memorial service for Andrew. Just four weeks earlier he'd given an interview about how Foxtan had helped him over the years. During COVID he volunteered to deliver food across Preston and worked in our social enterprise.

At his service, friends spoke of how he'd always stop for a chat and help people out whenever he could. He became unwell while living with one of our partner organisations and passed away in hospital. We miss him.

Coming soon

Men's peer support group

Just started with Hope Prevails: a peer support group for men who have experienced domestic abuse. Get in touch to find out more.

Women's rough sleeping census

Under way since the week of 21 September, so we understand how many women are sleeping rough in Preston.

Jamea Masjid youth group

We're supporting this youth group at Jamea Masjid Mosque every Saturday morning, for boys and girls from across the community. Get in touch to find out more.

Christmas panto!

It's that time of year again... oh no it's not! Oh yes it is! Our community panto will be announced soon. Keep your eyes peeled.

Need help? We are here

If you, or someone you know, needs support, please get in touch with us.

CONTACT FOXTON

01772 555925

info@thefoxton.org

thefoxton.org

Youth and Community Centre

Knowsley Street,
Preston PR1 3SA.
Car park on Berry Street

Women's Services

18-20 New Hall Lane, Preston PR1 4UD

How we can help



Young people and families

Youth clubs, one-to-one support and help for young people under 25 facing homelessness, at our Youth and Community Centre.



Women

Outreach and drop-in support four nights and two afternoons a week, for women who are homeless, sleeping rough or involved in sex work.



Sleeping rough or at risk

Our outreach team works with people on the streets and the hidden homeless.



Community

Reducing social isolation, helping people feel part of the community through events and groups. Get in touch to find out more.

Other services you can call

Preston City Council housing **01772 906412**

Preston City Council out of hours **01772 906916**

Lancashire social care **0300 123 6720**

Social care out of hours **0300 123 6722**

Lancashire safeguarding adults **0300 123 6721**

Samaritans, any time **116 123**

Childline **0800 1111**

NSPCC helpline **0808 800 5000**

In an emergency, or if someone is in danger, call 999

Become a Friend of Foxton

and help transform lives

For over half a century Foxton has been at the heart of Preston, supporting young people and their families, homeless people and vulnerable women.

That's only possible because of the generosity of our community. Government funding is never guaranteed, so your support keeps our services going.

Why become a Friend?

- ✓ Make a real difference to local people's lives
- ✓ Connect with like-minded supporters
- ✓ Show your business's commitment to its community
- ✓ Hear first about our news, events and impact

What your support pays for

£10

a day of food, a shower and advice for someone sleeping rough

£25

feeds 40 young people at our youth clubs

£30

funds outreach for vulnerable women



Business Friend



Personal Friend

Scan to sign up, or visit
thefoxton.org/work-with-us/friends-of-foxton

Other ways to help



Give

Donate through our JustGiving page, or drop off food, toiletries and clothing. Call us first to arrange it.



Volunteer

Help in our kitchens and café, on reception, at events or in the garden. We start with an informal chat.



Share

Follow @thefoxtonpreston and pass this newsletter on to someone who'd like to hear about Foxton.

We are here.

Thank you for your support

thefoxton.org | info@thefoxton.org | 01772 555925
Foxton Youth and Community Centre
Knowsley Street, Preston PR1 3SA