I want to talk to someone about being gay but am worried you'll tell my parents and I'm not ready for that yet... At The HUB, unless you tell us something that puts you or another child in danger we won't tell anyone what you've spoken to us about. We really want to support you and can work at your pace without you worrying about us telling anyone.

Come and see The HUB! Not only can we tell you what clubs you can attend we can look at the costs and work with you to make it possible! Nothing should get in the way of you taking part in an activity and we'll do our best to make it happen!

I really want to join a volleyball club but have no idea who to contact. I don't know if I'd be able to afford it anyway so won't bother looking...

I'm really stressed out and have received some texts I'm embarrassed to tell anyone about but I'm worried I'll bump into someone I know at The HUB so don't want to come in... You don't need to be embarrassed to talk to us about anything! Why don't you text us for support and we could arrange a time to meet you one to one? It's very unlikely you'd bump into another teenager at The HUB because you'd be in our confidential room and don't worry about knowing one of our volunteers, even if you do they won't tell anyone they've seen you.