

Referral Opportunity: Popcorn Discovery Programme – start: 23 April 2026

We're now accepting referrals for our next 10-week Discovery Programme, launching on **Thursday, the 23rd April 2026** in **Chelmsford at Cornerstone Cafe, CM1 2XL**. Sessions run weekly from 7:00pm to 9:00pm, offering a supportive, peer-led space for young adults aged 16–30.

This programme is ideal for young people who are feeling isolated, struggling with confidence, or looking to reconnect and grow in a safe, welcoming environment.



“You don’t need to “be anything” to join Popcorn. You just need to exist.”

Hayden (22)

***Witham 2025
Ice breaker***

The programme focuses on:

- Building self-awareness and social skills
- Goal setting and personal development
- Forming positive peer relationships

The Team

The sessions are hosted by Paulina, Popcorn's co-founder and a professional coach who, not long ago, was also a young adult looking for the right place to connect with people. Sessions are co-facilitated by volunteers, often former programme participants who return to support others.

We use creative communication tools, arts and crafts, and simple coaching techniques to help participants settle in, build self-awareness, and share their experiences with the group in their own way and at their own pace.

***“Popcorn programme is a place to meet new people and learn how other people think. It really helps with your social skills by getting to know and understand different type of personalities.”
Popcorner (21)***



Chelmsford 2024

Who can join?

Our peer-to-peer and near-peer programme is open to anyone within the specified age bracket. We do not require a professional diagnosis for participation,. We welcome individuals with special needs or mental health challenges.

Our mission is to bring together young people from all walks of life, fostering inclusivity, awareness, and—most importantly—genuine human connections.

HOW TO SIGN UP OR REFER A YOUNG ADULT TO **POPCORN**

How to Sign Up or Refer a Young ADULT to Popcorn

Whether you're a young person looking to join Popcorn or a professional referring someone, getting started is easy:

- **Online Referral Form**

Service providers can refer a young person directly by filling out our referral form here:

<https://forms.gle/1Pm3kpagJuUugRBAA>

- **Email Referral**

Prefer email? No problem! Download our referral form and send the completed version to:

hello@popcorncommunity.co.uk

- **Join a Meetup via Eventbrite**

Want to attend one of our Popcorn Meetups? Book your free space here:

<https://www.eventbrite.co.uk/o/popcorn-68705252613>

- **Find Everything in One Place – Linktree**

Access our sign-up forms, social media, meetup listings and more all in one place:

linktr.ee/popcorncommunity

If you have any questions, just drop us a message — we're happy to help!

Thank you!