



Norfolk and Suffolk Health and Care Awards 2026

Supporting Young People Award

21 Young Hearts Community Café

21 Young Hearts CIC

21 Young Hearts (21YH) has transformed a former baby imaging facility into a vibrant, inclusive community café that supports young people with disabilities to develop practical, social and employability skills. Established in August 2025 by Sharon and Stuart Hobbs, inspired by their son Kyle, the initiative provides meaningful opportunities for young people to gain experience comparable to their peers in a safe, supportive environment.

Operating with both an operational and dedicated on-site care team, 21YH offers tailored one-to-one support for up to 12 trainees per session. Each individual follows a personalised care and training plan, enabling them to build confidence, independence and skills at their own pace. Unlike traditional fee-based day services, the café promotes accessibility and participation without cost, while allowing trainees to retain tips, reinforcing self-worth and financial awareness.

The impact extends beyond skill development. The café actively improves wellbeing, resilience and mental health, while reducing social isolation. Community initiatives such as "Community Natters" and the Community Links programme provide social interaction, advice and early work experience opportunities, strengthening connections between trainees and the wider community.

Since opening, 21YH has expanded to operate seven days a week, supporting 15 young people, with three progressing into staff roles. It has become a valued community hub, also supporting vulnerable groups such as elderly residents who benefit from companionship and regular check-ins.

Overall, 21YH demonstrates a sustainable, person-centred model that improves independence, confidence and inclusion, while fostering a stronger, more connected community and creating meaningful opportunities for young people with complex needs.