



what people say...

“an inspiration to work with” (works association of youth clubs)

“professional, caring & accommodating” (parent)

“the team do a cracking job in the school, they make such a difference!” (head teacher)

“totally trustworthy” (assistant head teacher)

“a real godsend” (parent)

“the team make such a positive impact” (assistant head teacher)

“a focus on achieving outcomes” (partnership agency)

“it has been a joy to see the difference in our child as a result of the mentoring” (parent)

“efficient, responsive and supportive” (partnership agency)

“they achieve fantastic outcomes” (assistant head teacher)



Lifespace: Shortlisted for national award in 2008 by Faithworks & Spurgeon's Network for 'Improving the lives of children and young people'.



www.lifespace.org.uk

Every Child Matters
Change For Children

Lifespace provides a range of services which contribute to fulfilling the **Every Child Matters** outcomes as set out by the UK government, as well as responding to the national strategy on **SEAL** (Social & Emotional Aspects of Learning):

mentoring: in one-to-one & small group settings - our small group mentoring focuses on *Emotional Resilience* in association with The Emotional Logic Centre



education workshops & presentations in secondary schools: on sexual health, including STI's & HIV-AIDS; body image; emotional wellbeing; relationships

parenting course: “How to drug proof your kids” (licensed by Care for the Family)



With thanks to the following for financial support:



The Norton Foundation



Stratford-upon-Avon Rotary Club



The Woodlands Trust

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“Before the mentoring I thought I was worthless. Now I know I am **worth 10 out of 10**, and that has made all the difference in my life.” Boy, aged 14

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The Lifespace Trust; Registered Charity No. 1122170; a Limited Company Registered in England & Wales No. 6425820

www.lifespace.org.uk

an introduction to...



enabling change 4 good

mentoring & educating young people
resourcing parents
transforming communities

Warwickshire Award for Involvement

helping life to be...
* easier * safer * stronger *
* richer * lighter *
* healthier * happier *

working across the Stratford-upon-Avon district

www.lifespace.org.uk

Member of The Mentoring & Befriending Foundation

Lifespace has been an Approved Provider since 2005



Lifespace is...



- a mentoring & education project for young people aged 10-19
- a team of volunteer mentors who are skilled, trained, checked through CRB and supervised
- working in primary & secondary schools and community settings across the Stratford district
- operating in partnership with other voluntary sector agencies and statutory providers
- resourcing parents through its website and face-to-face training courses
- affiliated to the Mentoring & Befriending Foundation and awarded the **Approved Provider Standard** (the national standard for safe & effective practice, backed by The Home Office)
- working in accordance with the **Faithworks Charter** for professional practice
- voluntary funded by donations, grants and delivering frontline services



Lifespace exists...

...to help young peoples' lives be *easier, lighter, safer and stronger, healthier and happier* ...and *richer* too!

...by providing safe and effective *mentoring relationships and resources* to enable young people to talk about what matters to them, discover new things, overcome problems, develop skills and create a life they are *really*

What is mentoring?

Mentoring is about giving young people the *time and space they need* to tell their story in the context of a safe, non-judgmental friendly relationship... and work out how they want their life to be different. Mentoring is about being listened to, encouraged and challenged. You'll know how vital it is.

Our mentors are there to be curious, to encourage young people to think for themselves, praise good effort, offer different perspectives and add knowledge so young people are *positively informed* about the issues they face.

It's important to know that...

All our trained mentors work to agreed boundaries and in accordance with the Data Protection Act, Equal Opportunities and a robust Child Protection policy; and Lifespace has signed up to the *Respect Yourself* campaign

"My mentor listened & helped me sort stuff out in my own head." Girl, aged 15

Training

Lifespace trains mentors from local businesses, charities and organisations in the community. Our specialty is training on personal change, empowerment and communication:

- creating strong lasting rapport
- motivation & achieving positive outcomes
- awareness & management of emotions
- developing emotional resilience
- identifying personal worth & values



Every Child Matters outcomes

Every Child Matters
Change For Children

Following *The Children Act 2004*, the UK government agreed a framework of outcomes for all agencies working with children and young people. The five key outcomes for young people are:

- Being healthy
- Staying safe
- Making a positive contribution
- Enjoying & achieving
- Realizing economic wellbeing



For Lifespace, these are an excellent starting point but we like to achieve these outcomes and *more*.

"This is the first time I remember anyone has ever sat down and really listened to me..." Boy, aged 14

Change 4 good?

You can **judge for yourself** how valuable Lifespace is. These are just some example outcomes that Lifespace mentors & educators are helping to create on a daily basis:

- ⇒ Reduced truancy, isolation, bullying & self-harm
- ⇒ Restored confidence and networks of friends
- ⇒ Reduced level of young people becoming 'NEET' (Not in Education, Employment or Training)
- ⇒ Improved support for families experiencing terminal illness and loss
- ⇒ Raised motivation and academic attainment
- ⇒ New skills to set goals and solve problems
- ⇒ Improved empathy & co-operation at home and school
- ⇒ Reduced incidences of drug and alcohol misuse
- ⇒ Increased access to positive activities & employment
- ⇒ Strengthened emotional resilience