

What do others say about Lifespace?

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

"Lifespace have significantly improved the life chances of many of our most vulnerable and distressed students... they are a most effective, well respected and successful part of our pastoral support in school"
(Assistant Head Teacher, Henley-in-Arden)

"Lifespace are one of the most efficient, responsive and friendly services I have ever come across"
(Voluntary Organisation, Stratford-upon-Avon)

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

"When I got in touch with Lifespace I found they were genuine and professional. Beforehand I was worried about being judged as a "bad parent" but Lifespace were sensitive, listened to our needs and gave us support throughout"
(Parent)

"If you struggle with your emotions like anger, do this - it could change your life - it changed mine"
(Boy, aged 14)

"Thank you. Without this I would have dropped out of school."
(Boy, aged 15)

"Invaluable. Extremely hard working. Totally committed. Encouraging. Always professional. Many of our parents have thanked us for the support given to their child. They make a huge difference in the lives of our students"
(Student Progress Manager, Studley)

"Seldom have I met a group of more dedicated people. I have seen the work of Lifespace 'turn children around' and I cannot praise them enough"
(Assistant Head Teacher, Alcester)

How is Lifespace Trust funded?

The Trust is funded voluntarily through grants and individual donations as well as generating income from delivering frontline services and its housing provision. It has been kindly supported for many years by Stratford Town Trust, Four Acre Trust, Norton Foundation, Sheldon Trust and local Rotary Clubs.



Stratford Town Trust



Four Acre Trust



Affiliated with: Spurgeons and WCYVS



wanwickshire children and voluntary youth services

Supported by: Stratford Town Trust and Four Acre Trust

Lifespace Trust

The Old Stables, 1a Brewery Street, Stratford-upon-Avon, Warwickshire, CV37 0BQ
Phone: 01789 297400 Email: info@lifespace.org.uk Website: www.lifespace.org.uk

Lifespace Trust is a Registered Charity No. 1122170 and a Limited Company Registered in England & Wales No. 6425820

www.lifespace.org.uk

An Introduction to Lifespace



An award-winning charity which provides mentoring & education across South Warwickshire for young people aged 10-19



Mentoring+ Befriending Foundation

Member of the Mentoring & Befriending Foundation. Lifespace has been an Approved Provider since 2005

www.lifespace.org.uk

What is Lifespace Trust?

Lifespace Trust is an award-winning charity which provides mentoring & education across South Warwickshire for young people, aged 10-19.

Lifespace exists to help reduce the disadvantage and difficulties that young people and their families face, and to create a safe time and opportunity for them to pursue what they want in life.

Lifespace's work with young people was founded in 2004 in response to local needs. The charity works extensively in partnership with both primary and secondary schools, the Connexions Service, local businesses, as well as national charities and voluntary groups.

The Trust also looks after a small portfolio of housing provision in Stratford-upon-Avon for people with mental health needs (formerly known as The Mustard Tree Project).

Lifespace is affiliated to several national organisations including the Mentoring & Befriending Foundation (a national strategic



Mike Gibbs, Chris Spriggs & Ros Peace of Lifespace receive a Mentoring Project Recognition Award as part of the Supporting Life's Journey campaign.

organisation), and carries the National Approved Provider Standard, backed by The Cabinet Office, as evidence of its safe and effective practice. The charity has also received a number of awards at national level in recognition of its contribution to young people and families.

"I really appreciated having someone to talk to who I could say anything I wanted to and I knew that I wasn't being judged. This has been a really big help at a difficult time"
(Girl, aged 16)

- **mentoring** (one-to-one, group and peer) for well over 100 young people each year with a wide range of personal needs
- **education** on relationships, sexual health, emotional wellbeing and resilience to over 1,000 young people each year
- **national parenting course** 'How To Drug Proof Your Kids' in partnership with Care for the Family and Hope UK
- **training and consultancy** on mentoring skills, policies and programmes

Lifespace works in accordance with the Faithworks Charter for professional practice; Warwickshire Respect Yourself Campaign; Integrated Youth Support Services Youth Charter; and has achieved the Silver Level of Warwickshire Award for Involvement.

Warwickshire Award for Involvement

What is mentoring?

Mentoring gives young people the time and space they need to tell their story in the context of a safe, non-judgmental, friendly relationship.

Teenage life can be tricky with many issues to navigate and mentoring doesn't remove all the problems. However, it can add crucial knowledge, clarity and hope, and help young people change their own life for the better.

Our mentors are there to be a consistent and affirming presence, encouraging young people to think for themselves, praise good effort, offer different perspectives, ask challenging questions and enable young people to be positively informed about the issues they face.

Here are some examples of outcomes that Lifespace mentors & educators are helping to create on a day to day basis. All of these are aligned to the Every Child Matters outcomes framework (The Children Act 2004):

Every Child Matters Change For Children

- 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 loss
- Raised motivation, understanding 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

It's important to know that...

All our trained mentors are checked through the Criminal Records Bureau (CRB) and work to agreed boundaries and in accordance with the Data Protection Act, Equal Opportunities and a robust Child Protection policy. All mentors receive regular individual supervision.