

WELCOME TO OUR FIRST PARTNER NEWSLETTER



As the year comes to an end, we would like to take a moment to reflect on the impact made throughout the 2025 and share key highlights from our work with you, our valued supporters, donors, partners and collaborators.

We're delighted to launch this, our first partner newsletter. We'll send these twice a year, offering a snapshot of how Lifespace has continued to support and empower children and young people. If you'd prefer not to receive future editions, or to request them in a different format, please let us know at hello@lifespace.org.uk

CELEBRATING 21 YEARS OF CHANGING YOUNG LIVES



Since 2004, we've grown from a small initiative into a significant partner with schools, charities and commissioners across Warwickshire. We've become a trusted support system for thousands of young people at a critical time.

As we look to the future, we're expanding mentoring, workshops, and most recently supervision for school DSLs and Pastoral staff - by creating a systemic cycle of hope we are doing all we can to ensure no young person feels alone.

In 21 years we have:

- Mentored an estimated **7,000** young people
- Supported **3,500** more through group work
- Provided around **45,500** hours of 1-2-1 support
- Raised over **£3.2m** to make it happen

Walking alongside Young People

In June, thirty five incredible team members - joined by 3 very enthusiastic four-legged friends - took part in the #Lifespace21 Walk to mark 21 years of Lifespace.

Participants were encouraged to wear blue, and the turnout was "inspiring." Together, we walked a combined **415 kilometres** — a powerful symbol of our shared commitment to youth wellbeing.

The event was made even more special by the presence of **Stratford Mayor Cllr Dani Hunter** and her daughter, who joined the community walk.

At the finishing line at Stratford Youth Hub, walkers were welcomed with cheers from **Stratford MP Manuela Perteghella**.

We've raised over £800 after expenses, with more still coming in - a fantastic contribution to our mission. But more than that, this was a celebration of 21 years of **impact, connection, and care**.

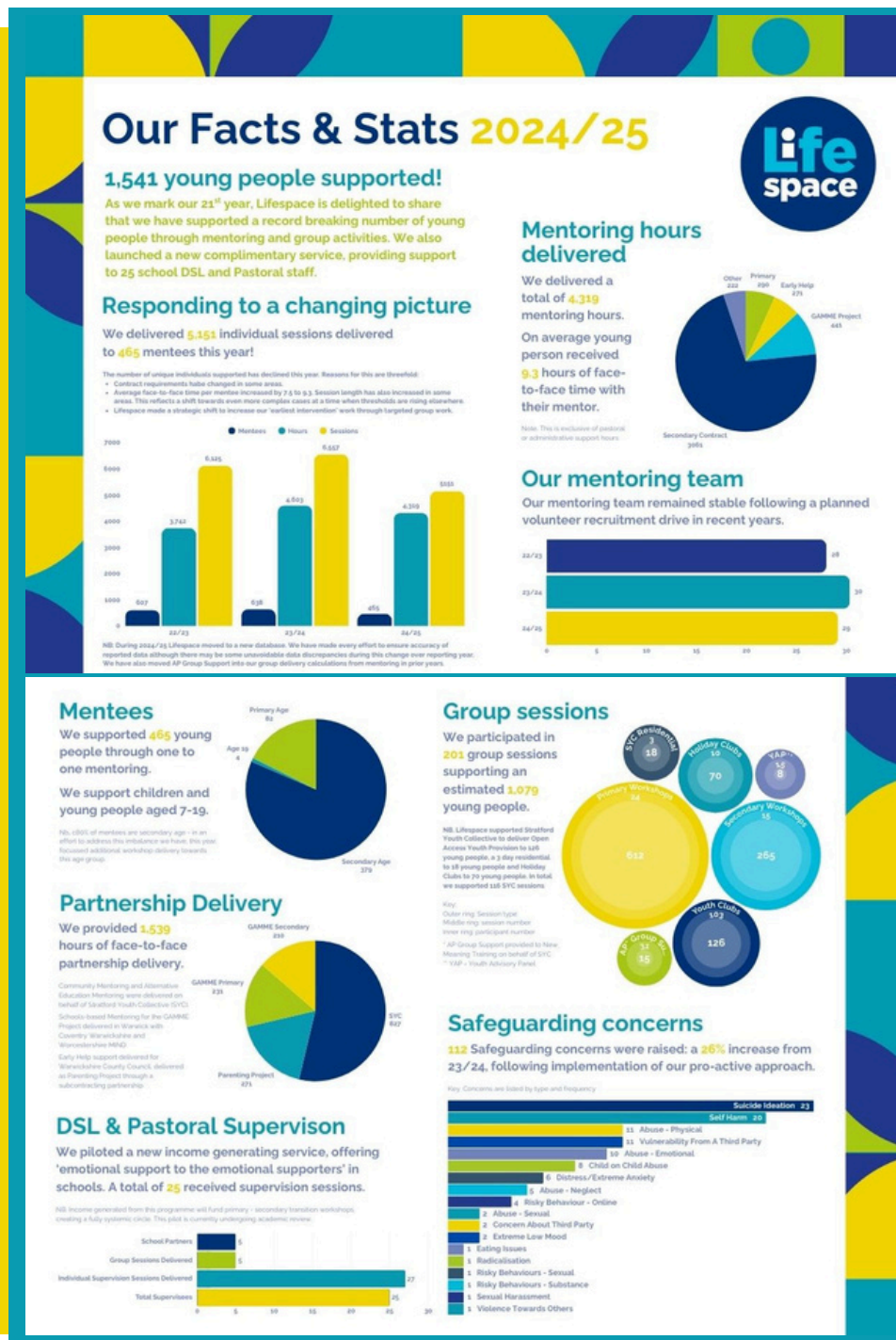


2024/25 IN NUMBERS

Lifespace supported 1,541 Young People – 2024/25 was our biggest year yet!

We are proud to share our 2024/25 Facts and Stats with you. We have supported a record 1,541 young people – a 39% increase on last year. This growth reflects our evolving approach and deepening impact. In total:

- We delivered **4,319** hours of mentoring.
- We ran **201** group sessions - up to 105% supporting 1,079 young people.
- We identified **112** safeguarding concerns – an increase of 26%.
- Our mentoring team remained steady at 29 mentors.
- We piloted a new supervision service for school staff, delivering **32 sessions to 25 supervisees across 5 partner schools.**
- We delivered **1,539** hours of partnership work, including: Community Mentoring & New Meaning (AP) group delivery (SYC), the GAMME Project with CWW Mind and Early Help via alongside Parenting Project.



Embedding Systemic Practice

Another exciting milestone: members of our Supervision and Core Teams, alongside key colleagues, completed an introductory course on Systemic Practice, delivered by Sarah Favier from the Institute of Family Therapy.

We were pleased to welcome colleagues from three local charities (Stratford Youth Collective, The Project and Kairos WWT) whose contributions added valuable perspectives to the discussion. This training, funded by Stratford Town Trust, wasn't just about learning new ideas – it was about providing a secure evidence base behind our approach.



CELEBRATING A YEAR OF FUNDRAISING SUCCESS!

2025 has been an incredible year filled with events that brought our community together and raised vital funds to support young people.



We started our 21st year in style on Sunday 6 April, when our Head of Delivery, Jo Broughton, alongside Harvey Knight, Sadie Gardner and Ben Humphries, successfully completed the London Landmarks Half Marathon. Their dedication raised an impressive £6,660 (including Gift Aid) to fund 1:1 mentoring for young people in Warwickshire. A huge thank you to everyone who donated, cheered and championed our runners!

Our anniversary celebrations continued with a delicious Curry Night at Naya in Henley-in-Arden, adding £1,127 through meals and a raffle, followed by a delicious Fundraising Supper, hosted by long-time supporters Sue and Brian Westmacott, which raised an amazing £3,013.

The Lifespace 21 walk and celebration (featured on our front cover) was a wonderful way to honour two decades of supporting young people." Shortly after, Lifespace was proud to be a charity partner at the Fusion Art Fair in Warwick, raising £2,046 thanks to generous organisers, patrons and exhibiting artists.

Finally, December brought festive fun with 'A Little Bit of Elf Help', as our team supported a community Santa routes with Alcester and Stratford Round Table. We'll be back for the final event of the year - a second Santa run with Shakespeare Lions on 18 December!

Sophie reflects on the lasting impact of Lifespace

Sophie, one of our dedicated Youth Advisory Panel members attended the Fundraising Supper delivering a heartfelt speech. With permission we're sharing an excerpt with you.

"I was first referred to Lifespace in Year 8. On paper, I had friendship problems. In reality, that referral was a trust test. I was deciding whether I could tell someone how I was really feeling. Because the truth was, I had been self-harming for over a year. I didn't feel like life was worth living."

On the outside, Sophie's life looked perfect: strong academics, full attendance, everything she needed at home. But inside, she was struggling.

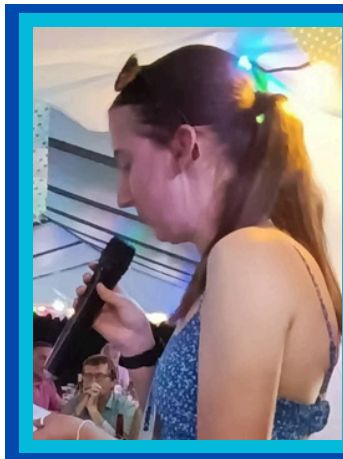
"No one was worried. No one was watching. But from the moment Lifespace sat down with me and gave me space to talk, I was never truly alone." That changed everything. *"They met me exactly where I was – in the chaos and confusion of life –*

and offered something rare: space. Space to breathe. Space to process. Space to speak. Space to be heard."

Between the ages of 12 and 18, Sophie tried many services. *"None of them did what Lifespace did so*

effectively. They listened. They waited. They walked with me. They supported me practically, yes – but more importantly, they supported me psychologically."

Today, Sophie is training to be a nurse. *"If you'd told 15-year-old me – who was actively suicidal – that one day I'd be sat at my university desk, I wouldn't have believed you. I wouldn't be here without Lifespace."*



Thank you to our funders, supporters and school partners for believing in Lifespace. Your support creates spaces to be heard, and to change lives.

If you'd like to make a contribution towards our work please contact hello@lifespace.org.uk or visit justgiving.com/charity/lifespace-trust

UNDERSTANDING OUR IMPACT

In January 2025 we launched a new database, Upshot. The system is giving us a clearer picture of young people's needs - and the difference our mentoring makes.

Lifespace has long used the All About Me form to measure the impact of mentoring. Drawn from evidence-based frameworks: including the SOUL record, Rosenberg Self-Esteem Scale, Wagnild & Young Resilience Scale, and Goodman's SDQ.

The form contains 18 statements that young people score at the start and end of mentoring. Early scores help identify focus areas for their time with a mentor. The questions explore personal safety, comparison with peers, self-identity and pride, positivity, persistence, organisation, confidence, learning, and goal-setting.

From a sample group, 79% reported overall improvement after mentoring. The average increase was 12.6%, rising to 17.9% among those who improved.

From Spring 2025, these insights have been shared with school partners and funders. Our new Impact Reports track attendance, referral reasons, sessions and direct feedback - informing future referrals, training plans and mentor deployment.

Volunteer Recruitment

We will launch a volunteer recruitment drive over the festive break. If you, or someone you know, would like to find out more please contact Lisa Carroll, CEO at lisa.carroll@lifespace.org.uk. Thanks.

CHRISTMAS MESSAGE

And finally, we'd like to wish a Merry Christmas and Happy New Year. Thank you for all your support - it really is appreciated.

Measuring Impact: Our Three Pillars

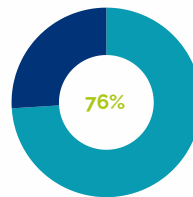
Lifespace over many years, has consistently used a form for evaluating the impact of mentoring. The 'All About Me' form is based on a number of evidence-based frameworks: SOUL record (city college Norwich), Rosenberg self esteem scale, Wagnild & Young Resilience 114 Scale and Goodman's SDQ.

The form has 18 statements which ask a young person to score themselves at the beginning of their mentoring and towards the end. The initial scores help a young person identify where they might like to focus their mentoring.

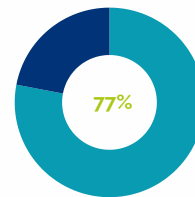
The questions assess, personal safety, comparison to peers, level of identity and whether they are proud of themselves, facing challenges, feeling positive about things, sticking at things, getting organised, standing up for themselves, learning new things, ability to set and work towards goals.

From a sample* group, 79% reported an overall improvement following Lifespace Mentoring. The average increase was 12.6% rising to 17.9% for those recording an overall improvement.

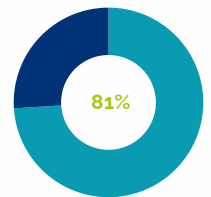
Reduce Distress



Build Resilience



Achieve More



* From 25/26 we will report back on your pupils directly. Given the renewed contract there were insufficient endings to assess specifically for your setting.

Framework of Good Practice

Alongside the Impact Report, Lifespace launched our Framework of Good Practice - the cornerstone of our evolving practice, shaped by insights from internal supervision sessions and feedback from Mentors. It outlines the core principles that guide our mentoring practice and the support structures we've put in place to protect both young people and mentors. It also includes clear guidance on the types of presentations we typically support - and when we should refer on to other, more specialist support services.



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Children & Young People's Mental Health Coalition