

# 121 MENTORING

TWMAD 121 mentoring is a flexible service, we liaise with a wide range of partners before we create bespoke mentoring packages of support to meet their needs.

Our 121 mentoring service is largely offered into schools and to children services in the community to provide disengaged and vulnerable young people with multiple needs much needed support.

Whether its intensive support of half or full day activity sessions in the community or weekly one hour sessions within a school setting, our mentors have a track record of successfully engaging and developing a connection with youngsters who have been deemed hard to reach quickly and efficiently and we bridge the gap between them and services.

Our mentors provide a neutral positive role model, who are there to care, support and to encourage young people through difficult times and to help them to find better ways to cope, make decisions and to improve their current situations. We use a variety of coaching frameworks to teach them to implement change in their lives and we use a series of tools and resources designed to help people to overcome problems and to move successfully from A to B.

TWMAD attend multi agency meetings and provide reports on the progress which we are making along with suggestions on how you can engage the young person better. We use the Outcome star to evidence and measure the change which our mentoring has had on the youngsters we support.

## PROBLEMS WE TACKLE

- ◇ Misbehaviour
- ◇ Child Sexual Exploitation
- ◇ Grooming
- ◇ Drug and alcohol abuse
- ◇ Loneliness & Isolation
- ◇ Gangs & County lines
- ◇ Youth violence & vulnerability

## FEEDBACK

- ◇ "Working with TWMAD has been one of the best things that's happened in my life."
- ◇ "We have seen an almost immediate improvement following the 121 sessions that you have delivered. Things are much better"
- ◇ "TWMAD have facilitated an exceptional Programme."
- ◇ Quotes from youngsters, School head teacher & a service commissioner

# ON THE BRINK

Our hard-hitting mentoring programme delivered in schools to small groups of up to 6 youngsters for a 5 – 10 week period. TWMAD work with school staff to gain an understanding of the vulnerabilities of the youngsters selected for OTB.

Disengaged youngsters are given the opportunity to reflect in a non-judgemental environment on their current actions and the situations that they find themselves in.

These sessions last between 60 and 90 minutes and the programme kicks off with our powerful award-winning anti knife crime presentation currently taking the UK by storm. This presentation leaves young people in a very strong contemplative state which can stimulate change in their mindset and opens the door to early intervention.

Our mentors instantly begin building the rapport needed to gain a position of influence in the lives of the young people on this programme we raise their awareness of the dangers which their behaviours and actions may be leading them towards and we deliver an impactful educational experience which offers guidance and inspiration on how they can improve their decision making, make changes, stay safe and flourish through their teenage years.

## WHAT WE COVER

- ◇ Knife Crime
- ◇ Gangs and County Lines
- ◇ Grooming
- ◇ Child Sexual Exploitation
- ◇ Substance Abuse
- ◇ Social media
- ◇ Relationships & Influences
- ◇ Decision Making

## FEEDBACK

"In 19 years of teaching this was the most powerful and hard hitting and memorable message I've ever seen delivered to students"

"We had a disclosure immediately after your talk finished today"

"Students are still talking about OTB now, it's had a huge impact"

"I can't keep doing what I am doing after this"

"What have you guys said to him, he is a different person. Thank you so much."

Quotes from teachers, young participants and parents.

# IGNITE YOUR FUTURE

Our comprehensive mentoring programme delivered in schools to groups of students over a 10 – 15 week period.

Students are given the opportunity to study the most important subject of all, **THEMSELVES** in an informal and relaxed and fun learning environment created by a third-party provider.

Each session lasts an hour and everybody on the programme completes our young person themed psychometric assessment quiz which provides them with an individual report which contains details about their character and an analysis of their personality which explains to them why they do many of the things that they do.

The programme allows students to take a moment to learn how to self-reflect and to think about what they would like to achieve in the short, medium and long term. Our mentors quickly create a connection with the students, and we inspire them to think big, whilst educating them on how to display a positive attitude, increase their effort and improve their confidence, communication skills, and set goals which can help them to Ignite their Future.

## WHO IS IYF FOR?

- ◇ Groups of up to 15 students
  - ◇ Students Y9 – Y11
  - ◇ Students who need a confidence boost
- ◇ Students struggling to reach their potential
- ◇ Students who are falling behind with their studies.

## TOP 3 THEMES

1. Confidence
2. Communication
3. Motivation

## FEEDBACK

- ◇ **58%** of participants said their goals for their future changed following IYF.
- ◇ **100%** said that they would use the skills, tools and techniques learnt on the programme in the future.
- ◇ "The programme has shown a clear difference in the students. They are so much more confident and becoming much more resilient."
- ◇ "IYF has given me more confidence, when I asked for help, they listened. They showed us things that has impacted massively upon me"
- ◇ "It gives me great pleasure to write this testimonial for TWMAD. Students are more focused, confident and determined to succeed.
- ◇ Data recorded by Staffordshire University Higher Horizons +

# ABOVE AND BEYOND

TWMAD provide intensive support to vulnerable children who are at risk and who are supported through the social care system. Our team of mentors provide diversionary activities and become positive trustworthy influences in the lives of the families we support.

This service helps in many ways to safeguard and protect at risk children identified as needing extra support. TWMAD offer respite and guidance to parents, carers and guardians who are struggling to meet the complex needs of the children in their care.

Our team quickly establishes a connection with the young people and families we are called in to support. We offer empathy and understanding towards the families and the difficult situations which they find themselves in and help in any way we can.

We work with the children and family members to improve relationships within the home environment, we engage them in positive diversionary activities, and we use various coaching techniques to educate and inform them of how to avoid risks and to stay safe within their communities.

We work closely with social workers and form part of the Multi Agency Safety Hub in place to safeguard the youngsters who we are supporting. TWMAD offer a responsive and solution-based service to best deal with the diverse nature of this support.

TWMAD offers support packages starting from 50 hours to allow the appropriate time to inspire change and hope in children and families deemed hard to reach and to ease the burden for social care services who are experiencing challenging situations supporting vulnerable families.

## PROBLEMS WE TACKLE

- ◇ Parental Challenges
- ◇ Relationship Breakdowns
- ◇ Child Sexual Exploitation
- ◇ Grooming
- ◇ Drug and alcohol abuse
- ◇ Loneliness & Isolation
- ◇ Gangs & County lines
- ◇ Youth violence & vulnerability
- ◇ Low Confidence
- ◇ Low Aspirations
- ◇ Low self esteem

## FEEDBACK

"TWMAD have been invaluable, the fact that they have included all the family has been a positive. They have been flexible, supportive and accommodating and we would all like to say thank you. "

We met Trevor from TWMAD, and the boys instantly liked him. Our experience with Danielle has been very positive, the boys always look forward to spending time with her. We have found their service really helpful.

TWMAD have very quickly managed to engage and get a positive response from this young lad and at present they are the only external adult influences who have been able to achieve that.

# ABOVE AND BEYOND

## Service Pathway

### Onboarding

1. Enquiry - service descriptions sent to prospect
2. Budget/Time frames/hours support required - discussed & Agreed
3. New In-depth referral form sent and completed by customer
4. Meeting with YP arranged and completed and initial engagement piece completed by TWMAD Directors/Lead Mentors to agree the support with YP/Family

### TWMAD Programme roll out

5. Youth mentor assigned for engagement/positive role model/diversionary activities
6. Coaching sessions with YP to help them to actively make positive changes using tried and tested TWMAD interactive coaching content
7. Consistent communication with partners, parents/guardians sessional reports, monitoring, reporting, meetings, recommendations

**Advanced Support** -Here is where we use our engagement and relationship with the young people to help them to access further support to address severe mental health concerns.

8. Specialist Mental Health services or Therapeutic support for young people with severe/complex mental health difficulties.

### TWMAD Mental Health Nurse

Fact finding/history taking/symptoms, to identify the issue, then talking through goals and formulation of a plan, that might be risk management, anxiety/depression workbooks, signposting to other agencies. If ADHD/ASD suspected would need to go to specialist services, probably same for psychosis but might be some resources available to look at whilst waiting

### TWMAD Neuro Strategist & NLP Trainer

Inspiring you to find the best within yourselves in order to give the best of yourselves" creating partnerships with parents, youth coaches & organisations around the globe who already work with young people to really maximise the transformation of a generation. She is a published author, international trainer, speaker & coach

TOGETHER  
We Make a  
DIFFERENCE

Discovering **YOUR**  
**Bright**  
**Spark!**

The Primary School  
Programme  
to Build Confidence,  
Boost Self Worth





# Discover Your Bright Spark Programme

## The Discover Your Bright Spark Programme

This programme has been designed by a Neurostrategist Teejay Dowe, and behavioural expert, Dr Tasneem Gilani, School Psychologist with the intention of empowering our primary school children with the insight and skills necessary to be confident, have great self worth, self awareness and resilience in order to successfully navigate the pressures and challenges of this digital generation.

We believe that every child has a bright spark inside of them, unfortunately life and it's expectations and pressures may have already started to dampen that spark but when we find it and ignite it - not only does that child light up inside and feel amazing, they light up the world and the people around them, allowing others to feel amazing too.

Einstein said that we are all geniuses, but we all have a different genius or bright spark inside. We must support our young people to discover their natural gifts and talents and encourage them to live in their greatness in order to allow them to feel valued and add value to this world.

The Discover Your Bright Spark Programme is designed to enhance the traditional curriculum by teaching young people who they are as individuals, how to be happy, how to be fulfilled, how to interact with others, how to take care of each other and so much more. All delivered in an interactive, experiential and fun way!







## The Bright Spark Modules

Each of the modules is designed to be about an hour in length. The sessions can be used as a whole programme or you can mix and match!

**Session 1 - Finding your Happy Factor, Become a Happiness Detective**

**Session 2 - Positive Emotions, Feeling Great!**

**Session 3 - Making Magic and Taking Care of Worries**

**Session 4 - Positive Living, Fun and Flow**

**Session 5 - Finding Your Bright Spark**

**Session 6 - Positive Relationships, Family and Friends**

**Session 7 - Positive Living, Shine Brightly**

**Session 8 - Positive Living, Satisfaction Guaranteed**

**Session 9 - Blast Off Goals!**

**Session 10 - Helping Others and Sorting Stuff Out**

**Session 11 - Positive You! The Power of Being Super**

Each of the modules has a powerpoint presentation, discussion and activities and comes with it's own workbook for the children to complete so that you see the progress.





