

TOGETHER We Make a Difference

TWMAD IMPACT CASE STUDY

Helping Alfie Believe in a Different Future

Relationship-based mentoring that built trust, safety and hope.

1 BACKGROUND



Alfie was referred to TWMAD at age 15 following significant trauma, instability and loss. He needed a trusted adult, emotional support, positive guidance and a safe space to talk.



1 BUILDING TRUST

Consistent sessions helped Alfie open up and speak honestly.



2 PROCESSING TRAUMA

He explored grief, family experiences, anger, sadness and identity.



6 GROWING CONFIDENCE

He became more open, reflective, respectful and self-aware.



5 LOOKING FORWARD

Sessions explored college, trades, work, budgeting and fatherhood.



4 POSITIVE IDENTITY

Pool became a healthy outlet, building focus, confidence and achievement.



3 BETTER DECISIONS

He reflected on past choices, risk and negative peer influence.

2 THE DIFFERENCE TWMAD MADE



Developed a trusting relationship with a consistent adult



Increased emotional awareness and ability to talk openly



Became more reflective and less drawn to negative peers



Strengthened confidence, resilience and self-esteem



Engaged in healthy recreational activity through pool



Built aspirations around education, employment and becoming a positive father

3 IMPACT IN SUMMARY



TWMAD helped Alfie move from simply surviving difficult circumstances to believing in a better future. Through consistency, trust and genuine care, mentoring gave him stability, hope and a stronger sense of direction.



Consistency. Trust. Hope.

Every child is different. Every need matters. Every pathway is possible.

TOGETHER We Make a Difference

TWMAD IMPACT CASE STUDY

Finding Trust, Building Confidence and Creating Hope

Relationship-based mentoring that helped a young woman feel safe, heard and hopeful again.

1 BACKGROUND



When referred to TWMAD, this young person had experienced trauma, instability, disrupted relationships and significant emotional challenges. Living in residential care, she needed trusted adults, a safe space to talk and support to engage positively in her community.



1 STARTING WITH TRUST

Sessions began gently, with patience, consistency and no pressure, allowing trust to grow over time.



2 CREATING A SAFE SPACE

As trust developed, she began speaking openly about trauma, family difficulties, self-harm and her emotional wellbeing.



3 FINDING HER VOICE

She grew more confident in leading conversations, asking for advice and expressing her thoughts, worries and ambitions.



6 POSITIVE RELATIONSHIPS

She increasingly sought support from trusted adults and reflected more positively on relationships with carers, teachers and mentors.



5 COMMUNITY CONFIDENCE

Positive community activities such as cafés, shops and parks helped her build confidence beyond the residential setting.



4 GROWING RESILIENCE

She showed improved emotional awareness, healthier coping strategies and better self-regulation during difficult moments.



2 THE DIFFERENCE TWMAD MADE



Developed a trusted relationship with a consistent adult



Increased confidence in communicating thoughts and feelings



Built emotional resilience and healthier coping strategies



Improved self-esteem, body confidence and self-awareness



Gained confidence in community and social experiences



Became more willing to seek support, including therapeutic help, and think positively about her future

3 IMPACT IN SUMMARY



TWMAD mentoring helped this young person move from guarded and anxious to more open, reflective and hopeful. Through consistency, trust and genuine care, mentoring strengthened her voice, confidence and belief in a better future.



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1 BACKGROUND

When referred to TWMAD, this young person was struggling with anxiety, emotional regulation and aggressive behaviour at home. Although generally calm in school, adults recognised he was masking how he really felt. Bullying, low confidence and feeling unsafe were having a significant impact on his wellbeing, daily routine and ability to speak openly about his worries.



OUR APPROACH

Mentoring used a relationship-based approach built on trust, consistency and shared interests. Sessions combined golf, football conversations, BMX activities and breakfast meet-ups with calm reflection and emotional support. This informal, non-judgemental style helped him open up, recognise his strengths and build healthier coping strategies.



FOCUS AREAS

- Emotional regulation and anxiety
- Confidence and self-esteem
- Coping with bullying
- Positive communication
- School engagement
- Strengths, hobbies and resilience

BUILDING CONFIDENCE, RESILIENCE AND EMOTIONAL WELLBEING THROUGH MENTORING

Relationship-based mentoring that helped a young person manage anxiety, build confidence and feel safer, stronger and more able to cope.



KEY PROGRESS

- ✓ Built a trusting relationship with a consistent adult
- ✓ Became more open about anxiety, bullying and worries
- ✓ Improved emotional regulation and self-awareness
- ✓ Grew in confidence through football and BMX achievements
- ✓ Developed healthier coping strategies
- ✓ Attended school more consistently and engaged more positively
- ✓ Showed resilience during difficult experiences
- ✓ Became more able to recognise his own strengths and future goals



WHAT CHANGED?

He did not stop facing challenges, but he became better able to manage them. Through mentoring, he became calmer, more reflective and more confident in talking about how he felt. He began focusing more on strengths, achievements and future goals, rather than feeling defined by anxiety or bullying.

“ Having someone who listened, understood and believed in me helped me feel stronger and more confident. ”

THE DIFFERENCE TWMAD MADE



TRUST

Built a safe, reliable relationship with a trusted adult.



REGULATION

Improved emotional awareness, calmer responses and healthier coping.



ENGAGEMENT

Better school participation and more positive daily routines.



CONFIDENCE

Greater self-belief through achievements, hobbies and encouragement.



RESILIENCE

Stronger ability to cope with setbacks and keep moving forward.

IMPACT IN SUMMARY

TWMAD mentoring helped this young person move from anxiety, low confidence and hidden distress towards greater trust, emotional resilience and self-belief. Through consistent support, positive activities and genuine care, he developed stronger coping strategies, improved confidence and a more hopeful outlook for the future.

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BUILDING CONFIDENCE, RESILIENCE AND HOPE FOR THE FUTURE THROUGH MENTORING

Relationship-based mentoring that helped a young person manage anxiety, strengthen resilience and feel more hopeful about the future.

1 BACKGROUND

- This young person was living with her grandparents.
- She was coping with her father's ill health, her mother's struggles with alcohol dependency, and uncertainty within her family circumstances.
- She was bright and capable but increasingly anxious and emotionally overwhelmed.
- Friendships and cyberbullying were affecting her confidence.
- She often put the needs of others before her own and struggled to talk about how she felt.

OUR APPROACH

- Mentoring focused first on trust, consistency and creating a safe space.
- Sessions were built around her interests, especially dance, school life and future goals.
- Conversations helped her reflect on family worries, friendships, boundaries and emotional wellbeing.
- The mentoring relationship offered stability, encouragement and practical coping strategies.

FOCUS AREAS

- Emotional resilience and anxiety
- Confidence and self-esteem
- Healthy boundaries and friendships
- Communication and trust
- Coping strategies and self-awareness
- Future aspirations and identity



KEY PROGRESS

- ✓ Built a trusting relationship with a consistent adult
- ✓ Became more open about anxiety, family worries and friendships
- ✓ Improved emotional regulation and self-awareness
- ✓ Grew in confidence, self-esteem and optimism
- ✓ Developed healthier coping strategies and boundaries
- ✓ Managed peer conflict and cyberbullying more reflectively
- ✓ Stayed engaged with school and future goals
- ✓ Became more resilient despite ongoing family challenges

WHAT CHANGED?

She did not stop facing challenges, but she became much better able to cope with them. Through mentoring, she became calmer, more reflective and more confident in herself. She learnt to focus less on problems she could not control and more on her own wellbeing, relationships and future. She began to see herself as capable, resilient and full of potential.

“Having someone who listened, encouraged me and helped me believe in myself made a real difference.”

THE DIFFERENCE TWMAD MADE



TRUST

Built a safe, reliable relationship with a trusted adult.



RESILIENCE

Stronger ability to cope with worry, family stress and setbacks.



CONFIDENCE

Greater self-belief, stronger identity and improved self-esteem.



RELATIONSHIPS

Healthier boundaries and more balanced responses to friendship difficulties.



FUTURE

More hopeful about education, ambitions and the future.

IMPACT IN SUMMARY

TWMAD mentoring helped this young person move from anxiety, emotional overwhelm and low confidence towards greater trust, resilience and self-belief. Through consistent support, practical coping strategies and genuine care, she developed stronger emotional wellbeing, healthier relationships and a more hopeful outlook for the future.

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TWMAD

TOGETHER WE MAKE A DIFFERENCE



1 BACKGROUND

- This young person was experiencing significant instability.
- Difficult family relationships, emotional challenges and disrupted routines were affecting wellbeing and engagement with education.
- He often found it difficult to express how he felt and lacked confidence in a positive future.
- Mentoring aimed to provide a trusted adult, strengthen emotional wellbeing, encourage positive decision-making and use music as a positive outlet.

HELPING A YOUNG PERSON FIND HIS VOICE THROUGH MUSIC, TRUST AND POSITIVE RELATIONSHIPS

Relationship-based mentoring that helped a young person build confidence, improve emotional wellbeing and use music as a positive outlet.



1 BUILDING TRUST

A consistent, non-judgemental relationship helped him open up about family, friendships and life outside school.



2 MUSIC AS A VOICE

Music production gave him a safe way to express himself, build skills and experience achievement.



6 FUTURE THINKING

He began connecting education to music, vocational pathways and future goals.



3 EMOTIONAL GROWTH

He became more able to talk through difficult feelings, reflect on situations and accept support.



5 ENGAGEMENT & ACHIEVEMENT

He attended regularly, stayed committed and completed an ASDAN Digital Music qualification.



4 POSITIVE CHOICES

He grew more willing to walk away from conflict, seek advice and think about consequences.



KEY PROGRESS

- ✓ Built a trusting relationship with a consistent adult
- ✓ Opened up more about family relationships and challenges
- ✓ Increased confidence through music and recognised achievements
- ✓ Developed emotional awareness and healthier coping strategies
- ✓ Improved decision-making and willingness to seek advice
- ✓ Engaged consistently in mentoring and education-linked activity
- ✓ Completed a recognised music qualification
- ✓ Began thinking more positively about his future



WHAT CHANGED?

He did not stop facing challenges, but he became better able to manage them. Through mentoring, he became more confident, more reflective and more motivated. Music helped him see his strengths, while trusted adult support helped him believe he had positive options for the future.

OUR APPROACH

- Weekly mentoring built on trust, consistency and respect.
- Sessions were designed around his passion for music.
- Recording music, learning production skills and working towards an ASDAN Digital Music qualification helped him express himself and experience success.
- Sessions also explored emotional wellbeing, family relationships, future aspirations, positive routines and education.
- Support was adapted to his emotional needs while keeping clear goals and expectations.

FOCUS AREAS

- Emotional wellbeing and resilience
- Music as a positive outlet
- Confidence and self-belief
- Positive decision-making
- Engagement with education
- Future aspirations and pathways
- Trusted relationships and support



"Having someone who listened, believed in me and helped me use music positively made a real difference."

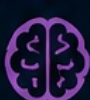


THE DIFFERENCE TWMAD MADE



CONFIDENCE

Grew in self-belief through music, achievement and encouragement.



REGULATION

Developed healthier coping strategies and greater emotional awareness.



ENGAGEMENT

Stayed committed to sessions and education-linked activity.



FUTURE

Began seeing a positive pathway through music, learning and ambition.

IMPACT IN SUMMARY

TWMAD mentoring helped this young person move from instability and low confidence towards greater trust, resilience and hope. Through music, encouragement and a consistent relationship, he developed stronger self-belief, practical skills and a clearer sense of direction.

CONSISTENCY. TRUST. HOPE.

Every child is different. Every need matters. Every pathway is possible.



TOGETHER WE MAKE A DIFFERENCE

IMPACT CASE STUDY

Small steps today,
stronger future
tomorrow.



This case study shares the journey of a young person who worked with TWMAD through 1:1 mentoring. Through trust, encouragement and positive experiences, he has grown in confidence, emotional awareness and ambition.



Name has been changed to protect confidentiality. The young person in this case study is known as "Charlie".



BACKGROUND

Charlie was referred for support with anxiety, low confidence, school disengagement and difficulty managing emotions. He had experienced family instability, peer challenges and a lack of positive role models. He found it hard to trust adults and often withdrew or reacted impulsively.



OUR APPROACH

We built a strong, trusting relationship through shared interests such as football, gym, gaming, music and cooking. Sessions were strengths-based, non-judgemental and focused on helping Charlie reflect, set goals and make positive choices.



FOCUS AREAS

- Emotional awareness & regulation
- Building confidence & self-esteem
- Healthy relationships
- Positive decision-making
- School engagement
- Aspirations & future planning



“ I used to think no one understood me. Now I know I can talk to someone and things can get better. ”



KEY PROGRESS

- ✓ More open and confident in talking about feelings
- ✓ Better able to manage anxiety, anger and stress
- ✓ Improved relationships with family, staff and peers
- ✓ More engaged in school and completing work
- ✓ Taking responsibility for his choices
- ✓ Excited about future goals and opportunities



WHAT'S CHANGED?

Charlie is calmer, more positive and in control of his reactions. He communicates more effectively, attends school more regularly and is focused on building a better future. He now believes in himself and his potential.

POSITIVE OUTCOMES



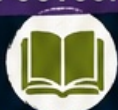
EMOTIONAL GROWTH

Better understands and expresses emotions. Uses coping strategies and manages anxiety more effectively.



STRONGER RELATIONSHIPS

Built trust, improved communication and developed healthier relationships with others.



ENGAGEMENT

More motivated in school, completing work and taking part in lessons and activities.



CONFIDENCE

Increased self-esteem, proud of achievements and willing to try new things.



BRIGHTER FUTURE

Clearer goals for the future and belief that he can achieve what he wants.



Every young person deserves the chance to be heard,
to feel valued and to build a better future.
Together, we make a difference.



TOGETHER WE MAKE A DIFFERENCE

IMPACT CASE STUDY

Small steps today,
stronger future
tomorrow. 

This case study shares the journey of a young person who worked with TWMAD through 1:1 mentoring. Through trust, encouragement and positive experiences, he has grown in confidence, emotional awareness and ambition.



Name has been changed to protect confidentiality. The young person in this case study is known as "Deacon".



BACKGROUND

Deacon was referred for support with low self-esteem, emotional regulation, school disengagement and family challenges. He found it hard to trust adults, struggled to manage anger and anxiety and often reacted impulsively when stressed.



OUR APPROACH

We built a strong, trusting relationship through shared interests such as football, gym, gaming, music and cooking. Sessions were strengths-based, non-judgemental and focused on helping Deacon reflect, set goals and make positive choices.



FOCUS AREAS

- Emotional awareness & regulation
- Building confidence & self-esteem
- Positive decision-making
- School engagement
- Healthy relationships
- Aspirations & future planning



"I used to shut down and keep everything inside. Now I know I can talk and people actually listen and help me."



KEY PROGRESS

- ✓ More open and confident in talking about feelings
- ✓ Better able to manage anger, anxiety and stress
- ✓ Improved relationships with family, staff and peers
- ✓ More engaged in school and completing work
- ✓ Taking responsibility for his choices
- ✓ Excited about future goals and opportunities



WHAT'S CHANGED?

Deacon is calmer, more positive and in control of his reactions. He communicates more effectively, attends school more regularly and is focused on building a better future. He now believes in himself and his potential.

POSITIVE OUTCOMES



EMOTIONAL GROWTH

Better understands and expresses emotions. Uses coping strategies and manages anxiety more effectively.



STRONGER RELATIONSHIPS

Built trust, improved communication and developed healthier relationships with others.



ENGAGEMENT

More motivated in school, completing work and taking part in lessons and activities.



CONFIDENCE

Increased self-esteem, proud of achievements and willing to try new things.



BRIGHTER FUTURE

Clearer goals for the future and belief that he can achieve what he wants.



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