



TWMAD IN PRACTICE

HOW WE RAISE THE BAR FOR OUR YOUNG PEOPLE

Interest gets the conversation started. The right mentor turns it into change.

ACTIVITY IS THE VEHICLE. RELATIONSHIP IS THE ENGINE.

Every session remains purposeful, reflective and connected to agreed outcomes.

WHY ACTIVITY MATTERS

Football, fitness, music, cooking, creative projects, games and community activities help young people feel more comfortable and willing to engage.

The activity is not simply a reward or a day out. It lowers pressure and creates natural opportunities for conversation, reflection, emotional regulation and positive decision-making.

THE MENTOR DIFFERENCE

Our relatable, inspiring mentors bring credibility, warmth and consistency. They meet young people at their level while continuing to believe in what they can become.

They listen without judgement, model positive choices, recognise strengths and know when to encourage, challenge or hold a boundary. Trust makes honest reflection possible.

PURPOSE IN EVERY SESSION

Sessions are shaped around the young person's interests, needs and pace - but never lose sight of their plan, agreed outcomes or wider future.

Real experiences become safe opportunities to practise communication, manage frustration, build resilience, take responsibility and experience success.

HOW A SHARED ACTIVITY BECOMES MEANINGFUL CHANGE

1 ENGAGE

Begin with an interest that feels familiar, achievable and worth turning up for.

2 CONNECT

Use shared experience to create trust, conversation and emotional safety.

3 EXPLORE

Notice what sits beneath behaviour and help the young person express it.

4 CHALLENGE

Raise expectations through honest feedback, encouragement and boundaries.

5 TRANSFER

Link learning back to home, school, relationships, choices and the young person's future.

WE MEET YOUNG PEOPLE WHERE THEY ARE - WITHOUT LOWERING THE AMBITION

WHAT RAISING THE BAR CAN LOOK LIKE

● TRUST

A consistent adult who listens, understands and believes in them.

● REGULATION

Greater awareness of emotions and healthier ways to respond.

● CONFIDENCE

Success, encouragement and a stronger sense of possibility.

● CHOICES

More reflection, responsibility and positive decision-making.

THE TWMAD DIFFERENCE

Young people are not defined by their presentation or starting point. Through purposeful activity and powerful relationships, we help them discover strengths, practise new responses and build the belief to move forward.

PURPOSEFUL ACTIVITY. POWERFUL RELATIONSHIPS. MEANINGFUL CHANGE.