

Early Help, MHISC Wellbeing Programme

Wellbeing groups and
one-to-one mentoring
at school delivered by
The Parenting Project
and Lifespace Trust

For school-aged children and young people who are on the school role
in Warwickshire and whose family have a multi-agency plan in place.



Lifespace

One-to-one mentoring

Delivered by Lifespace

Our one-to-one mentoring sessions give young people time with a trained adult who will listen without judgement and in confidence. Typically, the total time spent with a mentor is 10 hours. We use creative activities and games to build trust and have fun.

Is mentoring different to counselling?

Yes. While they explore some of the issues that bring a young person to us, our trained mentors focus on exploring the life they would like or what they would like to be different. It's closer to coaching, creating time and space to talk about what's going on before exploring skills and strategies that can help a young person feel more positive about themselves and their lives, now and in the future.

What issues can mentoring support?

A broad range of issues including understanding big feelings like anger, loneliness and anxiety; a trusted adult to talk to about anything, without judgement and in confidence; and practical approaches to challenging situations including family relationships or not wanting to go to school.



“It gave me the space to talk about what I was feeling without being judged, telling someone who wanted to listen and help me.”

Wellbeing groups

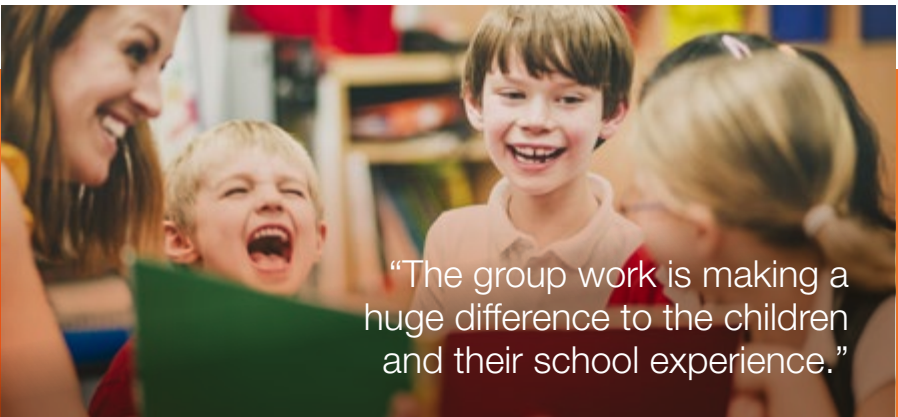
Delivered by The Parenting Project

Lego® Based Therapy

These sessions are delivered by a qualified and experienced Lego® Based Therapist. They aim to develop social communication skills in children, such as sharing, turn-taking, following rules, building confidence, self-esteem, and problem-solving.

Nurture/Friendship Groups

Delivered by experienced and highly skilled Wellbeing Facilitators, Nurture/Friendship Groups focus on social and emotional development and building resilience. Delivery style and content is adapted to the needs of individual children. Common topics covered are: Friendships, bullying, feelings, worries and anxiety.



“The group work is making a huge difference to the children and their school experience.”

Making a difference for children & young people

The Parenting Project & Lifespace Trust are established charities dedicated to improving the lives of children and young people in Warwickshire.

They have joined together to deliver the **Early Help, MHISC Wellbeing Programme**, which consists of wellbeing groups and one-to-one mentoring for children and young people within school settings.

The aim of the programme is to build the self-esteem, confidence and resilience of children and young people to improve every day experiences of school and home life.

To refer

Recommendations for a referral can be made by the Lead Professional within Early Help through the multi-agency plan to a Warwickshire County Council Targeted Support Officer. The WCC Targeted Support Officer will then advise whether a referral to The Parenting Project and/or Lifespace Trust can be made.

Find out more

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