



Lifespace

Lifespace is a charity that supports the wellbeing of young people (7 to 19) across South Warwickshire. We're driven to make sure that young people have the support they need as soon as life gets tough and for as long as they need it. Based in Stratford-upon-Avon, we celebrate our 18th anniversary in 2022. Last year our one-to-one mentoring programmes supported 555 young people.

What do you offer?

There are two programmes for young people that parents/carers can choose:

- 1: **Lifespace Home** - a flexible programme of 30/45 minute sessions weekly or fortnightly, after school, in a community venue, after school or online.
- 2: **Bazaar: a Marketplace for the Mind** - a Cognitive Behavioural Therapy based software programme designed to support anxiety and depression for young people 15+. The programme is one hour for eight weeks. Usually delivered online but can also be delivered in person.

What next?

The starting point for any programme is a free 20-minute session where one of our trained mentors and the young person meet online to see if they will get on.

The young person doesn't have to put their camera on but this conversation, as well as the form we will ask you to fill in, will help us make sure that both the mentor and mentoring is right for them.

To find out more please contact admin@lifespace.org.uk or call 01789 297400.

1 Is mentoring different to counselling?

Yes. While we will explore some of the issues that bring a young person to us, our trained mentors will focus on what they would like life to be like or what they would like to be different. It's closer to coaching, focussing on developing skills and strategies that help a young person to feel better about themselves and their lives, now and in the future.

2 Is mentoring confidential?

Yes. Sessions are confidential - the only person we talk to about what a young person tells us is that young person.

The one exception is safeguarding, if we are worried that the young person or someone they know is at risk of harm. We will send you more information about this if you choose mentoring. All of our staff and volunteers have DBS checks and safeguarding training.

3 Can young people contact you directly?

Yes, if:

- they are 16+
- and we consider that the issues they want to talk about are right for a self-referral.

We would usually encourage a young person to talk to parents/carers and/or other adults in their lives so that they can get support outside of the mentoring sessions.

4 How much does it cost?

We ask for a contribution of £30 per hour. Lifespace is a charity so we raise money so that we can keep the cost affordable for parents/carers, schools and other agencies.

We have a bursary fund to work with young people who receive free school meals, pupil premium or other support. We don't ever want money to be the reason a young person can't get the support they need.