

Feedback

"Thank you so much for everything. I have really appreciated having the opportunity to speak to you and it has been incredibly beneficial."

- Year 9 student

"We have noticed such a change and have you to thank massively for that! I am glad we have found you and have you working with us."

- Head of Year

"I know that when I'm struggling, I can take my mind to my special place and feel better."

- Year 5 student

"It's definitely making a difference!"

- Year 10 student

LISTEN TO WHAT
YOUNG PEOPLE
HAVE TO SAY



Referrals



For more information and to discuss how we can support your students, please contact :



youthprogrammes@ylf.org.uk

or scan the QR Code to make a referral!



CONTACT YLF



01622 693459



www.ylf.org.uk



The Young Lives Foundation
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ME15 6SX



The Young Lives Foundation

SCHOOL MENTORING

Programmes



STAY CONNECTED!

LISTEN ● SUPPORT ● EMPOWER



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[the young lives foundation](https://www.youtube.com/the_young_lives_foundation)

Our Programmes

- ★ **1:1 Mentoring**
- ★ **Group Sessions & Nurture Groups**
- ★ **Legends Youth Groups**
- ★ **Bespoke Support**

inc. exclusion, school refusal and more. Just ask!



YLF's School Mentoring Programmes support Primary and Secondary students in Kent and Medway. Our trained and dedicated volunteer mentors create safe spaces, providing sessions tailored to meet student's unique needs.

Our trauma-informed approach supports mental health, emotional wellbeing and resilience, with a focus on positively impacting neurodevelopment. It helps students enhance their skills and boost academic performance and self-confidence. Mentors model effective communication, helping students manage emotions while expanding their aspirations.

What Do We Offer?

- ★ Safe, inclusive, non-judgemental support
- ★ Community mentoring sessions for young people who are NEET or struggling to return to school
- ★ Bespoke support packages for challenges such as exam stress, low attendance, bullying, improving career aspirations, onboarding new students, self-confidence

Impact...

- ★ Improved overall emotional wellbeing and mental health
- ★ Improved resilience self-coping techniques
- ★ Improved connection and enjoyment of education
- ★ Improved attendance



Youth Groups

Young people attending YLF School Mentoring Programmes are invited to join our Legends Youth Groups and holiday activities.



Youth Groups...

Provide a safe, trauma informed space where young people can;

- ★ Engage in the benefits of free play and physical activity
- ★ Access informal outdoor learning and nature based activities
- ★ Build self-confidence and a friendship network
- ★ Develop pro-social behaviours
- ★ Broaden horizons, hobbies and new interests