

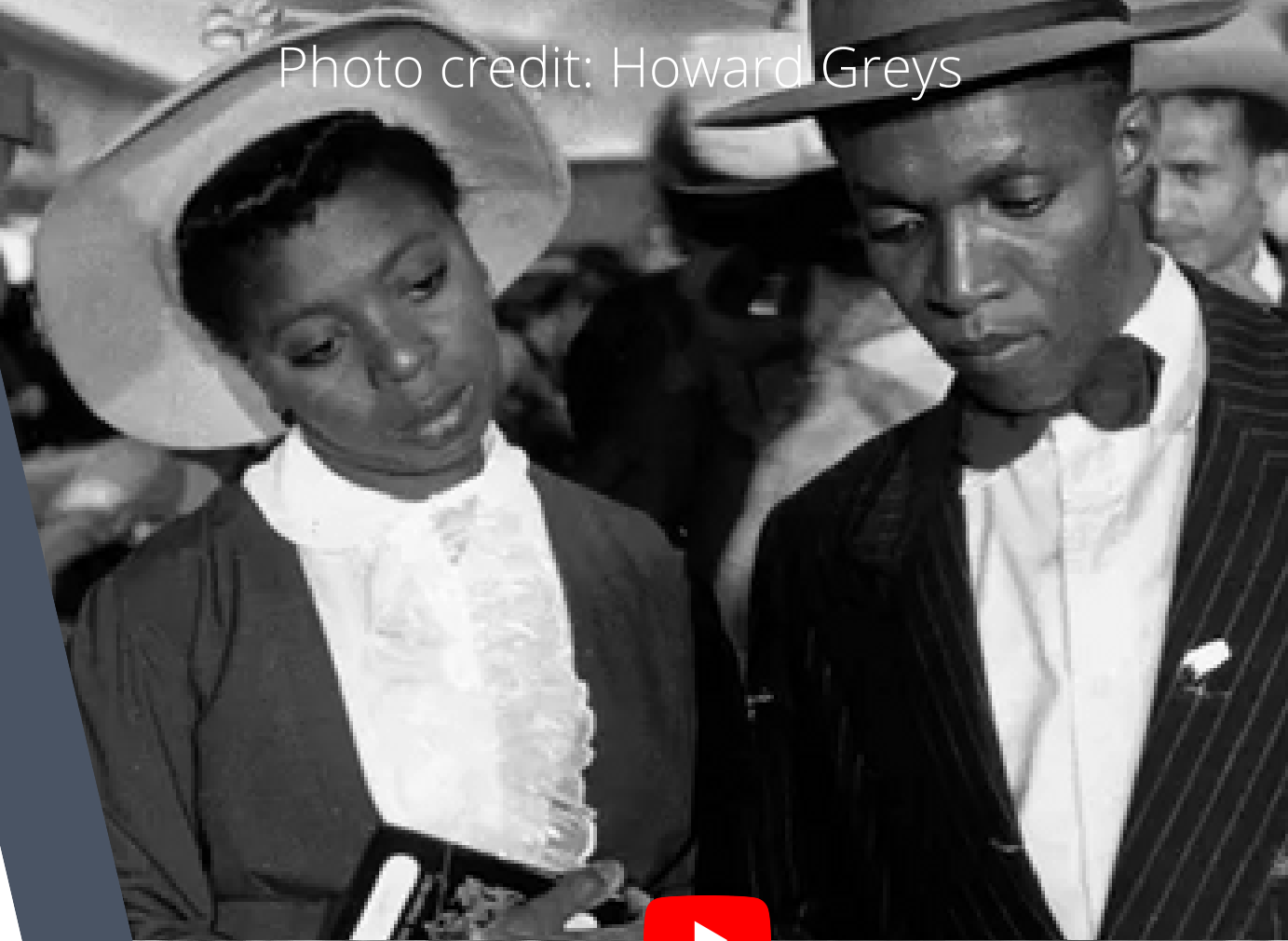
WINTER PRESSURES PROGRAMME
2022-2023



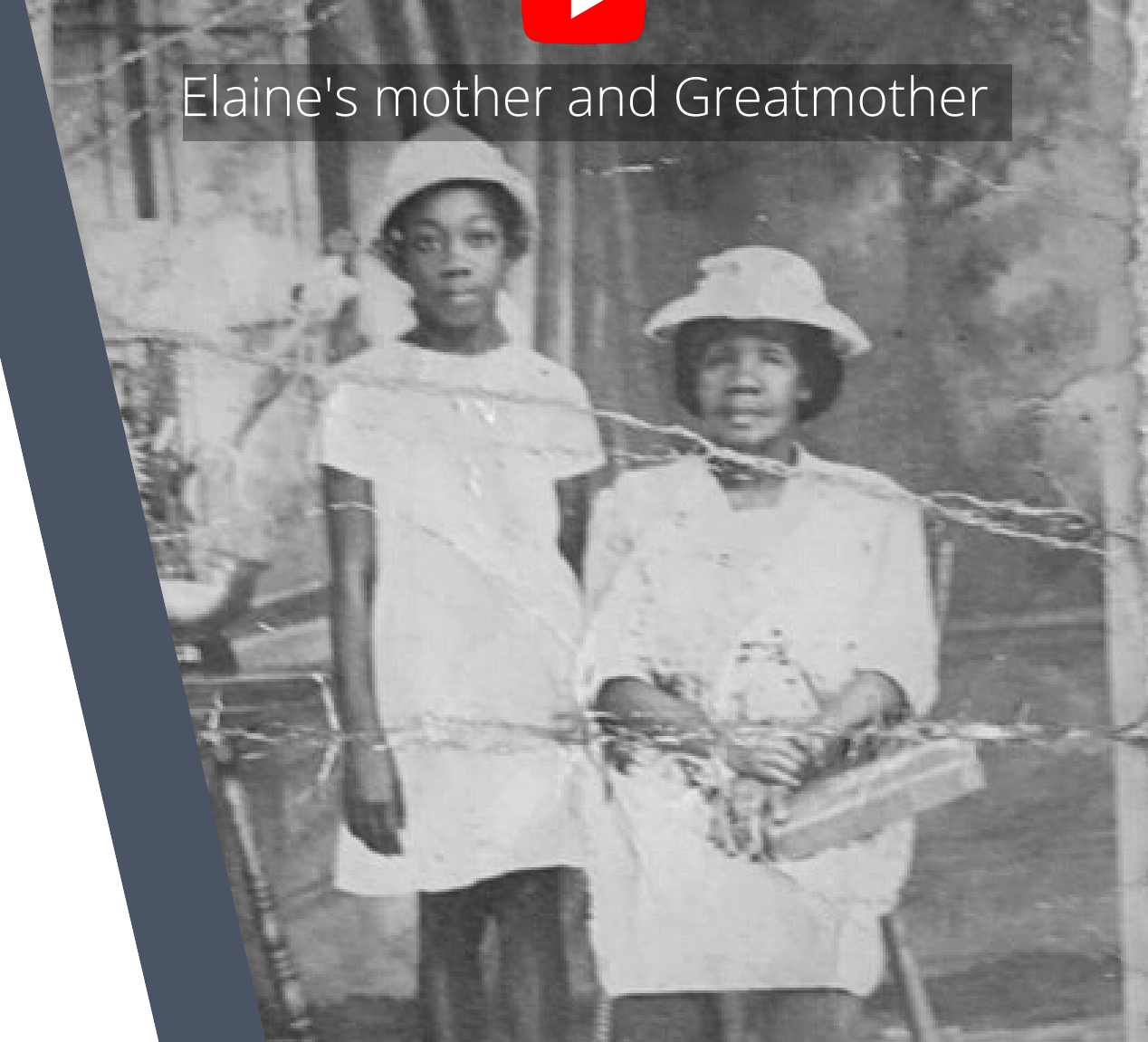
Est. 2017

Inspired by the values of the Windrush Generation
Collaboration Faith Integrity High standards
Helping others Hard Work Progression

Photo credit: Howard Greys



Elaine's mother and Greatmother



ACTION YOU CAN GET POINTS FOR:

- Helping to clean and maintain a safe living or work environment, including:
- Sweeping & mopping
- Wiping down surfaces
- Participating in cleaning activities
- Reporting safety hazards
- Reporting unsafe work practices
- Reporting unsafe conditions
- Reporting unsafe equipment
- Reporting unsafe behavior

What do you get out of it?

- Improved health
- Reduced sick days
- Increased productivity
- Lower costs

- Sweep & mop
- Wipe down surfaces
- Participate in cleaning activities
- Report safety hazards
- Report unsafe work practices
- Report unsafe conditions
- Report unsafe equipment
- Report unsafe behavior

Stay Healthy

Stay Healthy

Stay Healthy



PROJECT OUTPUTS

Unique Participants: 193

Number of sessions:

- 46 total sessions
- 40 x Saturday Resilience Workshops to 15 - 20 young people living in Hackney and Newham aged 12-18 years old.

Exploring the social determinants that impact the emotional wellbeing of black boys and girls as they journey from adolescence into adulthood.

- 6 x group sessions producing and filming mini-documentary that addresses social determinants that impact the emotional wellbeing of neurodiverse black boys as they journey through school.

Number of individual appointments:

- 968 x 1:1 one hour mentoring sessions, delivered to 40 young people living in Hackney, Newham and Tower Hamlets aged 12-18 years old.

Exploring mental health, and resilience tools using the Zones of Regulations and support networks.

- 8 x one hour parent and child advocacy appointments whose mental health was triggered by child's school exclusion.

Know Thy Self

Your Values

Your Strengths

Your Ambitions

Staying strong

Resilience

Storytelling

Zones of Regulation Tool

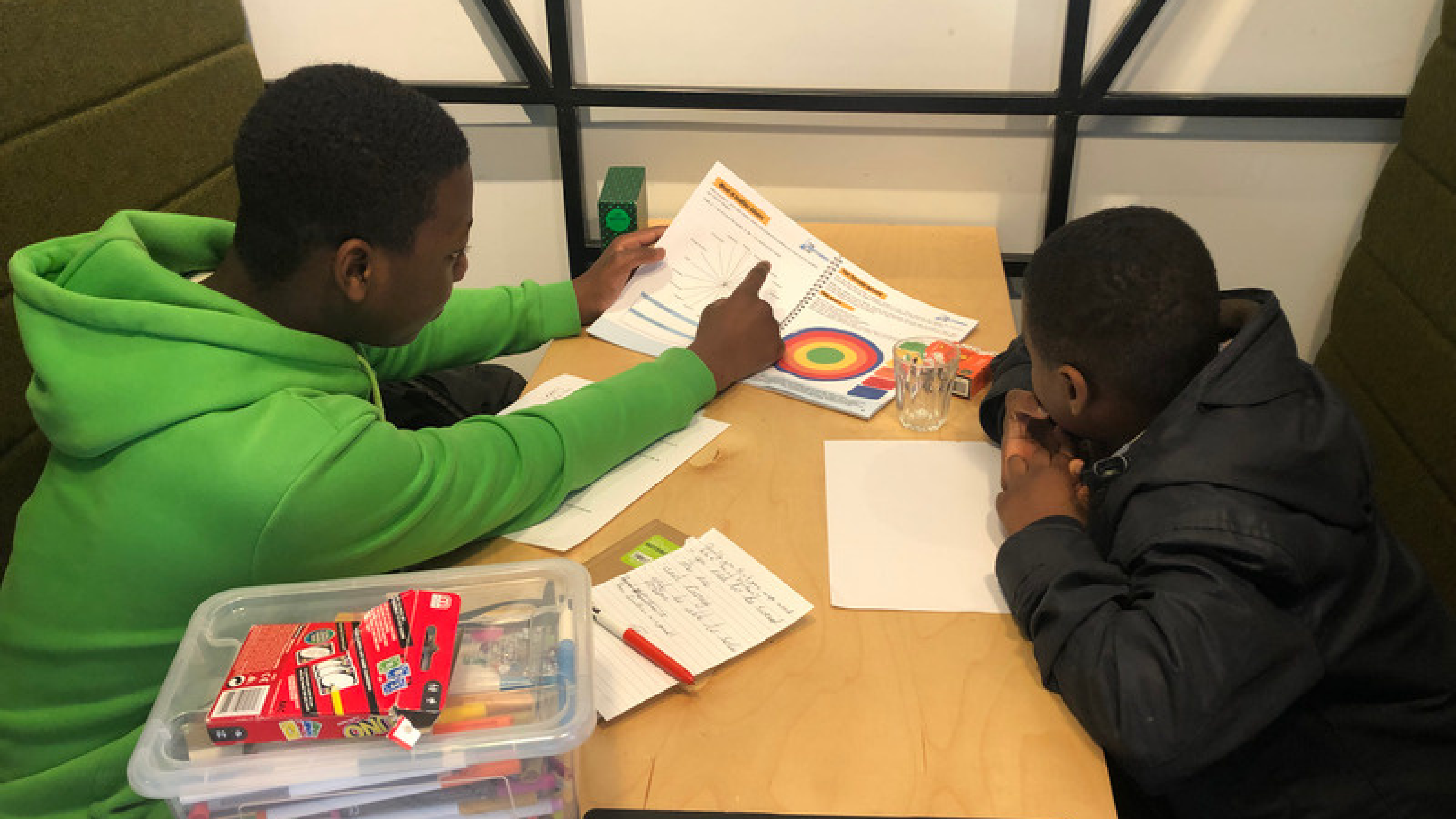
Making Progression

Action Planning

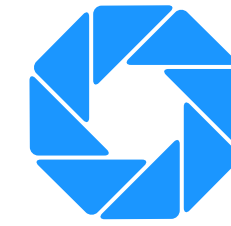
Review

Reflection

YOUR LIFE



Health through a young persons lens



Young Person

Burden

Pain threshold

Undervalued

Articulation

Confidence

Processing Difficulties

Overwhelm

Distrust

Lack of knowledge

Distant

Parents/caregivers

Escapism*

Distracted

Stress

Overtime

Burnout

Distrust

Lack of knowledge

Health Services

Not understood

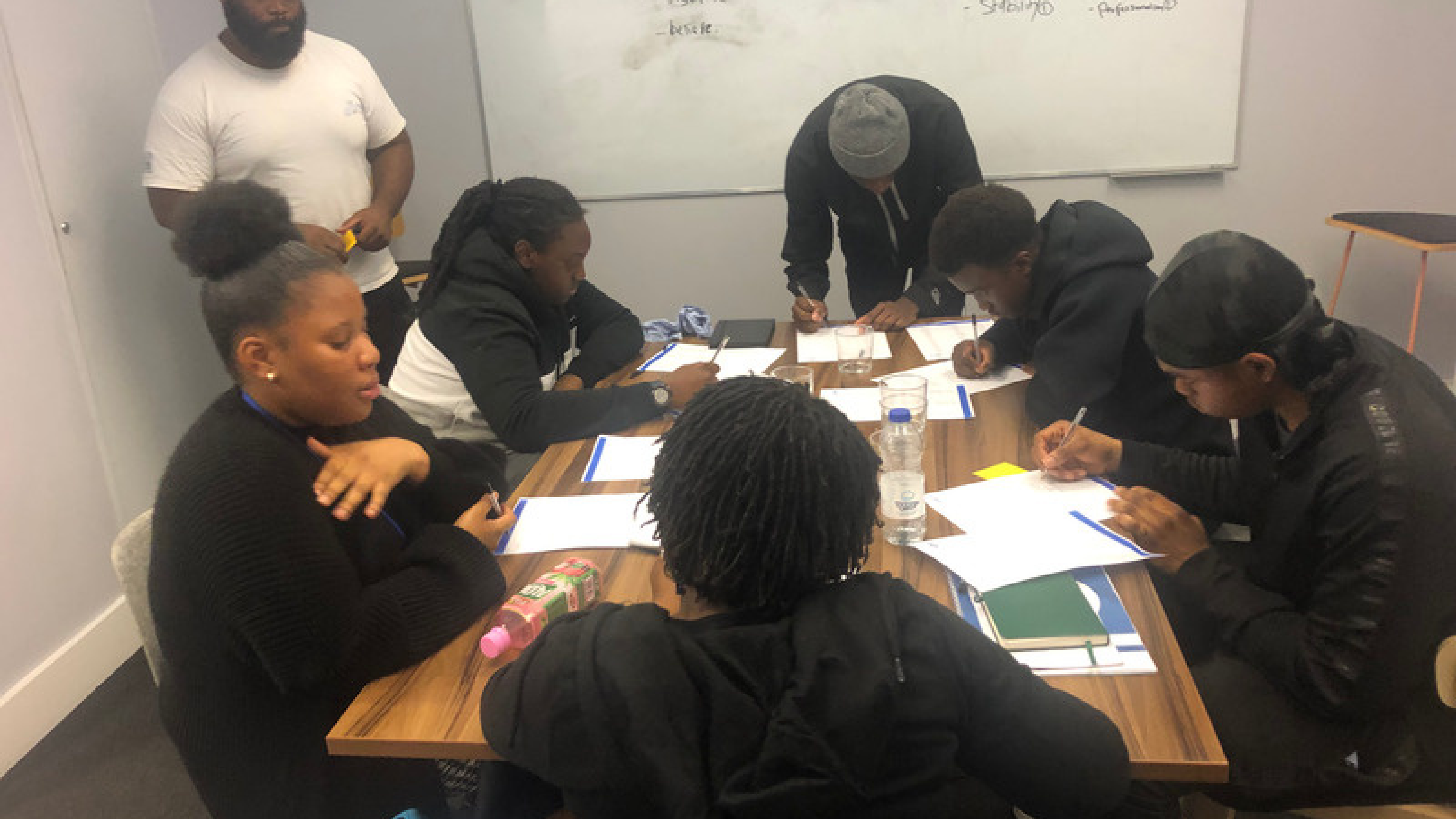
Dismissed

Not valued

Uncared for

Not believed

Lack of knowledge



What are your

Values

Exploring your Values

Values are beliefs that define what is most important to us. They act as a guide for our decisions. Often, our values are greatly influenced by important people in our lives and within society.

Taken from our Mentoring Tool Kit

Exploring your Values

Mother Figure Values

- 1.
- 2.
- 3.
- 4.
5. d

Father Figure Values

- 1.
- 2.
- 3.
- 4.
5. d

Society's Values

- 1.
- 2.
- 3.
- 4.
5. d

My School / Employer Values

- 1.
- 2.
- 3.
- 4.
5. d

My Current Values

- 1.
- 2.
- 3.
- 4.
5. d

Values I would like to live by

- 1.
- 2.
- 3.
- 4.
5. d

Zones of Regulation

ZoR

Zones of Regulation

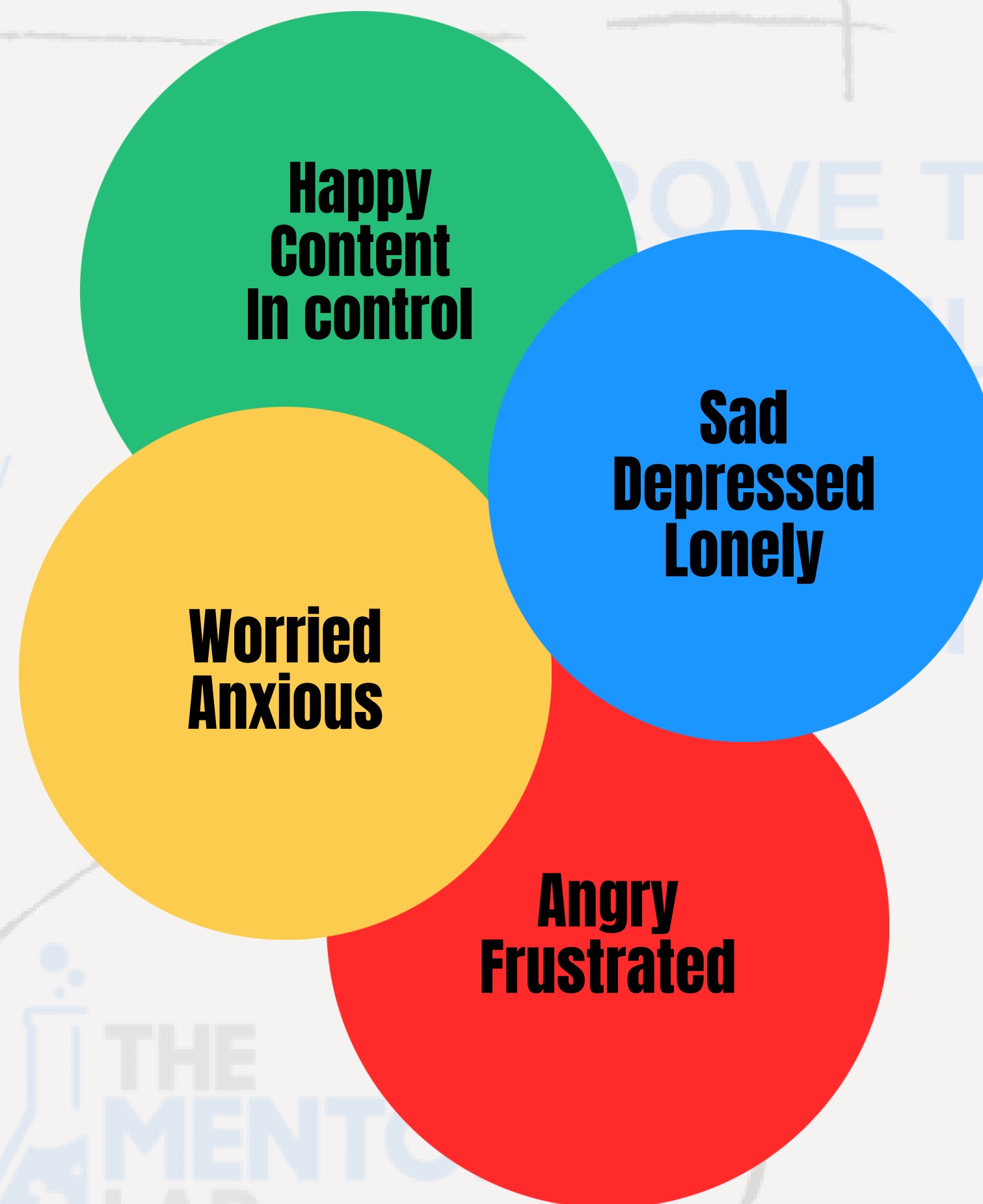
The Zones of Regulation is a way to think about which tools or activities will help you to manage your emotions and develop personal coping strategies to help you maintain a healthy mind and healthy lifestyle choices.

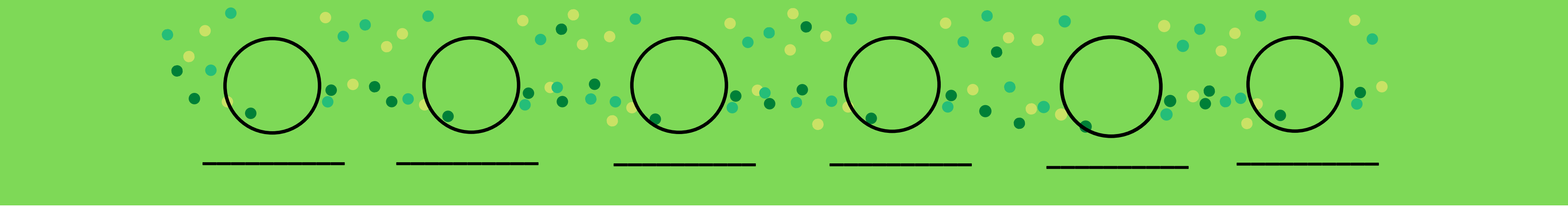
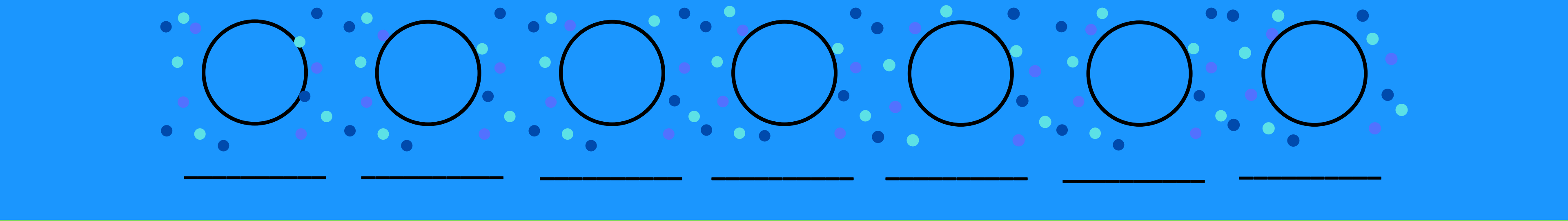
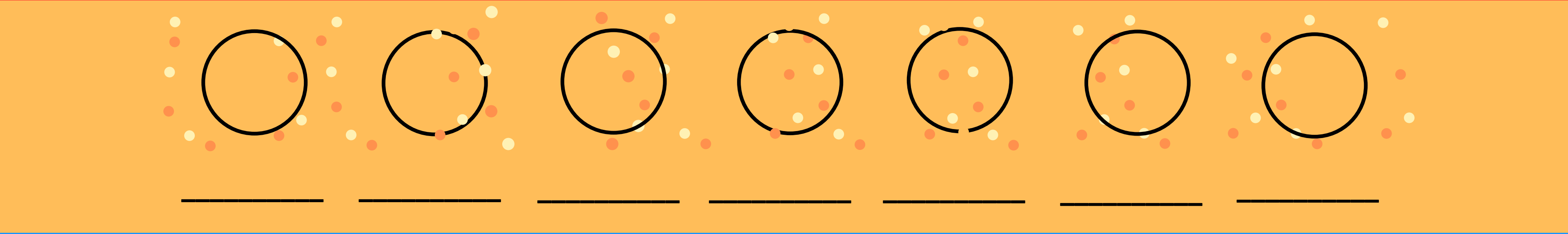
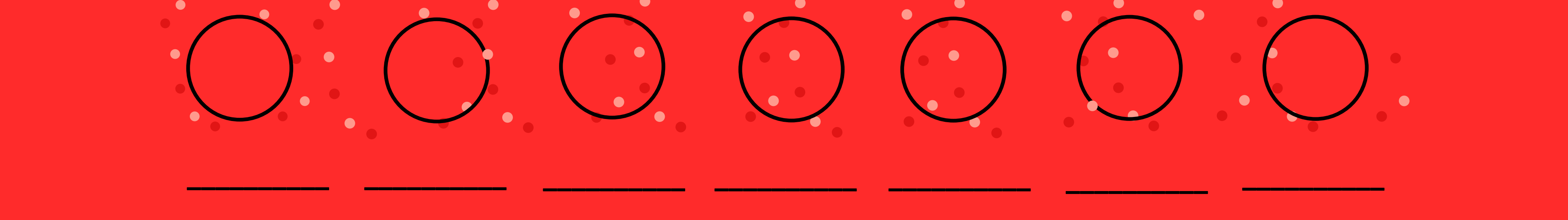
Question

What does being in the red/blue/orange/green zone look like for the young person?

What emotions might they feel in the different zones?

Taken from our Mentoring Tool Kit





What are your

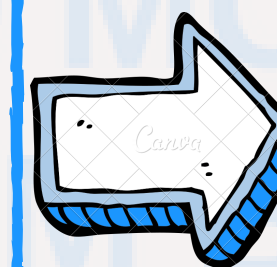
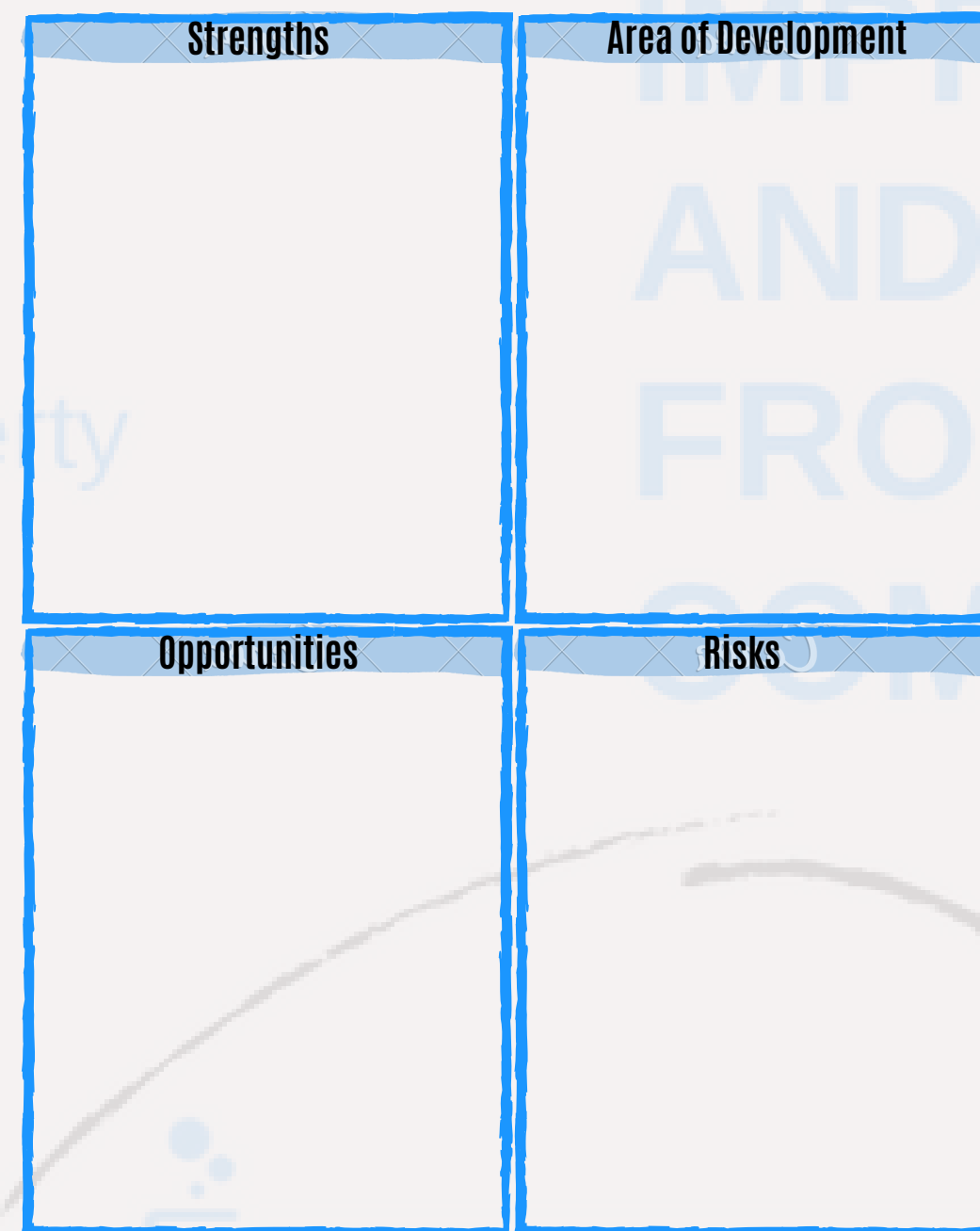
strengths

SWOT ANALYSIS

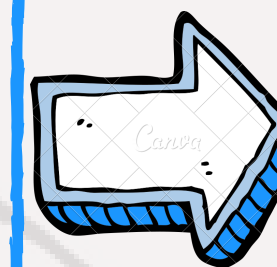
Just as in business, knowing your strengths, weaknesses and risks in your life help to develop your confidence and understanding of yourself and others around you.

What strengths do you bring to others, what do others bring to you to support your weaknesses (areas for development?)

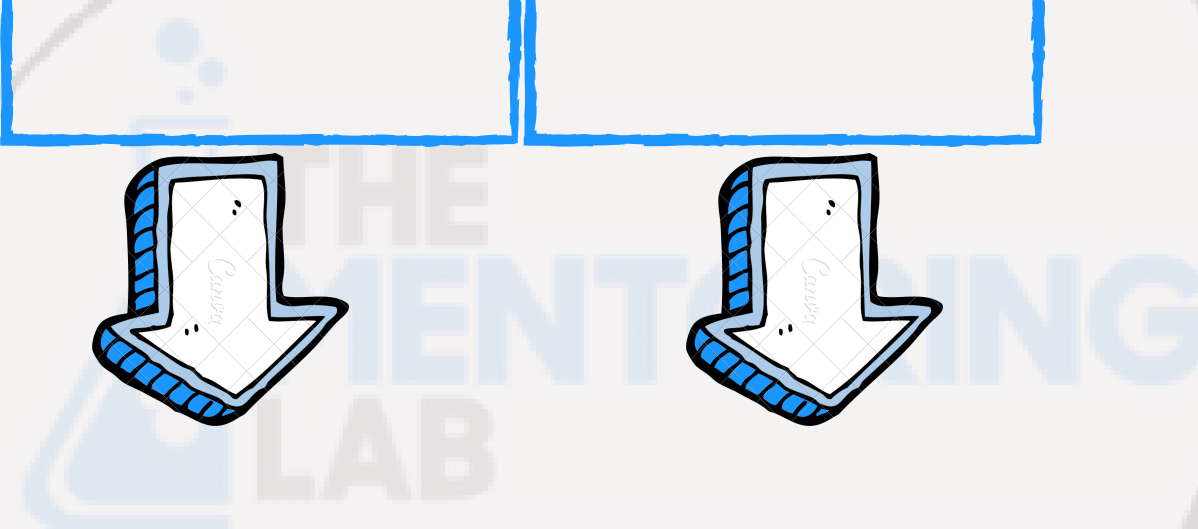
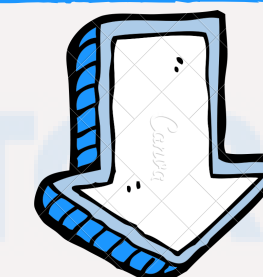
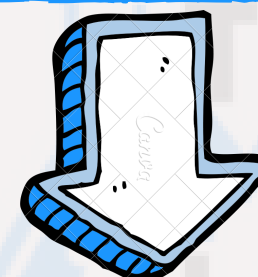
Taken from our Mentoring Tool Kit



About you



About the ...?

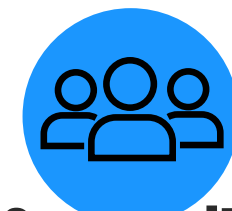






TML COMMUNITY SHOWCASE DAY

We invite our stakeholders to join us to learn more about The Mentoring Lab Community C.I.C during our summer programme



Community

Meet our beneficiaries, staff and Founder Ceo



Youth Led

Explore our project design. Take part in our annual consultation



Impact

Learn about our impact and future objectives

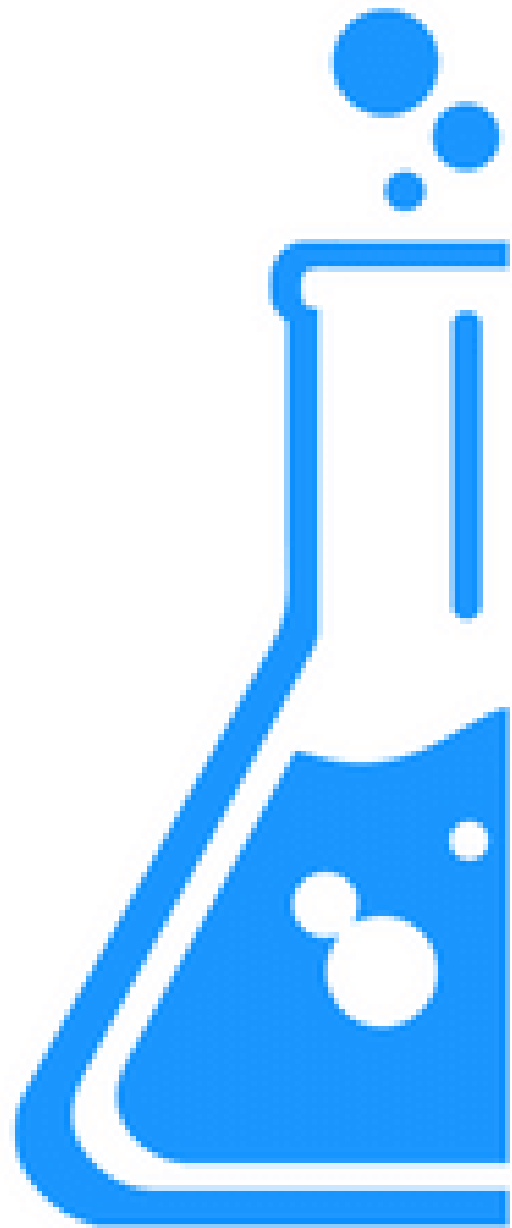
Includes parent speakers, youth consultation and photography exhibition

1pm - 4pm

Wed 16th Aug 2023

Hackney

To attend email ethomas@thementoringlab.co.uk



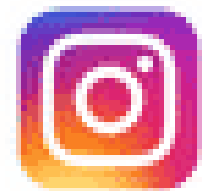
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