



To book or take part in any of these projects please contact Paula Swainston, paula@ynotaspire.org.uk 01254 352573



LOTTERY FUNDED

What we can offer your school

- ▶ We offer:
- ▶ 1:1 support through volunteer mentors
- ▶ Drop in sessions in school
- ▶ Know Fear workshop
- ▶ Know Stigma workshop
- ▶ Mental health ambassadors
- ▶ ACE training for schools
- ▶ Web chat support



YOUR VOICE

1:1 Support

- ▶ We recruit and train community volunteers to work 1:1 with young people as mentors. Our mentors offer a safe, non judgemental, supportive environment for young people to talk about issues they may be facing that they are not comfortable talking to teachers or parents about.
- ▶ Our volunteers are trained in Mentoring, Safeguarding and DBS checked
- ▶ Our volunteers have mentored over 50 young people over the last 3 years
- ▶ We can offer support for as long as the young person feels they need it
- ▶ We can attend TAF, CIN and CP meetings
- ▶ We will work with you to get the best outcome possible for the young person



YOUR HELP

Drop in sessions

- ▶ We are offering all local schools the chance to have one of our trained volunteers placed in their school offering a drop in session.
- ▶ Our volunteers are all trained in mentoring, Safeguarding level 1 & 2 and have enhanced DBS checks
- ▶ The drop in sessions are designed for you as teachers to identify young people that you feel would benefit from 1:1 support. The session would consist of our volunteer and young person having a chat seeing what's going on in that young persons life and then deciding the best course of action i.e. referral for 1:1 mentoring or multi agency approach.



YOUR HELP

Know Stigma

- ▶ Our Know Stigma workshop centres around Mental Health. We deliver a full day school session and we have partner agencies who run various workshops throughout the day, these workshops are both interactive and informative.
- ▶ What is mental health?
- ▶ What can impact our mental health?
- ▶ How can we improve our mental health?
- ▶ Who can we talk to about mental health?

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YOUR CHOICE

Know Fear

- ▶ Know Fear is our workshop around consequences of actions. We deliver this to Year 10. It's a full day with 5 separate agencies delivering their sessions. Sessions consist of
- ▶ Prison Officer – Prison me, no way
- ▶ Ex Offender - Consequences
- ▶ Ynot Volunteer – Drugs and Alcohol
- ▶ Lancashire Fire and rescue – Staying safe
- ▶ Ynot Aspire – What is bullying and it's effects

Each session is different and all are from real life experiences.

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YOUR CHOICE

Mental Health Ambassadors

- We will train identified young people to become mental health ambassadors in your schools
- They will look at the provision already in place and see how they can make it accessible to all
- They will promote the importance of positive mental health and be able to signpost to support services
- They will be a point of contact for their peers



ACE's Awareness Training for staff

What are ACE's?

- Adverse Childhood Experiences (ACE) refer to some of the most intensive and frequently occurring sources of stress that children may suffer early in life. Such experiences include multiple types of abuse; neglect; violence between parents or caregivers; other kinds of serious household dysfunction such as alcohol and substance abuse; and peer, community and collective violence.
- These experiences can have a negative impact on how young people behave in school and can make it impossible for them to learn.

ACE's CAN BE PREVENTED

- ACEs research shows that there is a strong dose-response relationship between ACEs and poor physical and mental health, chronic disease (such as type II diabetes, chronic obstructive pulmonary disease; heart disease; cancer), increased levels of violence, and lower academic success both in childhood and adulthood.



YOUR NETWORK

Ynot Aspire Web Chat

