



## Shine Youth: “Helping Young People To Shine And See A Brighter Future!”: June 2022 Update

### Context:

Every young person has great value and potential. So Shine Youth is committed to support them to have good mental health, positive self-esteem and identity, and lives lived with hope and purpose.

Through high quality 1:1 pastoral mentoring and innovative group courses, their transformative work increases young people’s mental and emotional wellbeing so that they can flourish and shine in their family, friendships, education, work life and community. They reduce young people’s emotional distress, restore hope and assist them to build their resilience to achieve their potential.

The Trusted Executive Charitable Foundation (TTECF) has been supporting Shine Youth since June 2020 with a series of grants totalling £15,000 (@Oct2021).

### June Update:

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#### Group Bereavement support:

A local secondary school requested Shine Youth support the peer group of a student who had unexpectedly died that weekend. They spent a day at the school where they taught twenty-six Islamic students about grief and facilitated 'circles of discussion'. The students were able to chat in groups about what had happened and participate in three reflective spaces: a celebratory tree to hang their positive appreciations of the deceased; a tree of discomfort to hang their questions and the difficult emotions they were experiencing; and a heart of hope where they could light a candle to remind themselves that light shines in darkness as a sign of hope that their knowing of the deceased can become an enduring positive legacy.

*“We’d like to thank Shine Youth Mentors most sincerely for their wonderful professional support when we needed to comfort and guide a year group in shock and sorrow after the sudden tragic loss of one of our brightest stars.*

*Shine Youth provided a calm and empathetic space for students to articulate their thoughts and allow their feelings to be expressed in appropriate and positive ways. The impact of the sessions provided by Shine Youth has been evident as our students have begun to accept their grief and understand their loss maturely. Having the support of Shine during this painful period for our community has been a significant benefit and I would strongly recommend this service to colleagues in other schools.”* from Headteacher and Head of Form, Sept 2021

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#### Increasing demand for specialist support:

Shine Youth are experiencing increasing demand for specialist support from young people and the schools / communities who work with them.

Shine Youth are experiencing challenging changes in the support being offered to young people. These changes reflect the increasing volume of demand for support when statutory services are unavailable or have long waiting lists. Shine Youth are adapting to help meet that need including moving into more specialist areas such as supporting those who have been Sexually Abused. The impact of this process of adapting is that the team of volunteer mentors needs to be constantly trained to deal with a growing range of difficult and diverse needs presented by the young people.

In September 2021 TTECF provided an unrestricted grant of £10,000. This grant supported the appointment of a Service Delivery Manager who undertakes the growing work of communicating with teachers, parents and the Charities volunteers. Shine Youth have also just received funding for a new training manager who will train and supervise volunteer mentors.

These are great examples of staff and volunteers coming together to help meet the mental health needs of young people through their ability, integrity and benevolence (the three “Pillars of Trust” <https://trustedexecutive.com/nine-habits-of-trust>).