



Shine Youth: “Helping Young People To Shine And See A Brighter Future!”: December 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 £26,000 (@Sep2022).

December Update:

Testimonial

Shine Youth have just completed 1:1 Pastoral Mentoring of 15 year old Hannah (not her real name) who was referred for support when her relationship with her mum had broken down. This relationship breakdown followed a disclosure by Hannah of physical and emotional harm by her mum and mum’s partner. Hannah lives with her dad but was extremely anxious about the thought she might be made to live with her mum again, or might see her or her partner in the local community where they all lived.

Mentoring provided Hannah with a safe space to offload her worries and process them through talk. It helped her to understand the legal context which meant it highly unlikely that she would be made to live with her mum; provided her with strategies to regulate her stress responses and calm herself when anxious and to also recognise her anger about the events and begin to explain this to her dad instead of arguing with him. It also supported her to grieve the loss of the mother she wished she had and to appreciate the positives in herself and her life.

Hannah’s father said he noticed positive changes in Hannah’s general presentation and their relationship. Hannah’s feedback at the end of the mentoring was “*understanding more about my situation had been very helpful. I can be calmer doing the things mentoring has shown me and focus on good things like my friends and dance. I feel more confident*” The YP-Core measure of emotional distress recorded that her level of distress decreased from 14 (moderate) to 2 (mild) over the 17 weekly sessions of mentoring support she received.

Wellbeing Groups

We are very pleased that 69% of those referred to us are able to begin receiving support within 1 month and we are highly motivated to reduce the waiting time for the 31% who wait more than 1 month. We are therefore currently communicating with schools about the following Wellbeing groups that we can deliver from January 2023 for 12 young people at a time:

- BREATHE - As 70% of those referred to us in the 2021-22 academic year were exhibiting high levels of anxiety, this 6 session group course will inform them about anxiety and of ways to manage this well.
- UPBEAT - The Good Childhood report (2022) by The Children’s Society found that one in twelve boys aged 10 -15 are unhappy with their appearance, saying that films, TV and social media all affect the way they feel. Despite this, young men are the least likely of any demographic to seek help and can often be dismissive of emotions and struggle to communicate their difficulties. This 6 session group course uses music, video and creative activities to help boys aged 13 – 16 years develop a healthier approach to their emotional wellbeing.



- **CREATED** - school staff identified support for students' low self-esteem as their top perceived student need (Shine Youth Schools Survey 2021) and 43% of those referred to us for support in 2021-22 were identified as having low self-esteem. This 8 session group course will build young people's self-esteem, confidence and positive sense of self. When self esteem is low the individual sees themselves and the world around them in a negative light and generally have lower happiness, wellbeing and personal resilience to overcome challenges. Much of our work this year has been in helping young people identify positives in themselves and their situation to restore hope and belief that things can change for the better.

Training for teachers and information evening for parents

In July 2022 we asked all of the secondary schools in Solihull what mental health and wellbeing training they would like to be able to access for their staff and for the parents/carers of their students. We have now written the following sessions, which were the most requested in both categories, and are currently taking bookings for:

- Surviving to Thriving: The Physiology of Anxiety & Tools to Manage it;
- Understanding Self-Harm & How to Help.

Charity partnership for a Youth Wellbeing Hub

We have begun a partnership with another local charity to set up a Youth Wellbeing Hub in an area of north Solihull which is amongst the 5% most deprived areas of the UK.

SHINE YOUTH will be able to deliver early intervention mental health and wellbeing support through a range of activities. This is in response to young people's requests to be able to access support in environments that feel "familiar" and "comfortable" (rather than unknown and clinical) and for wellbeing advice and activities to be an "easy-to- access part of work within youth clubs" (The Commission on Young Lives, 2022). Alongside our 1:1 Pastoral Mentoring, Wellbeing Group sessions and the MADE Course, we plan to offer a Mindful/ Reflective/Prayerful Space and menu of daily creative arts, cookery and some physical activity sessions to inspire, empower (and release the feel-good chemicals dopamine and serotonin!) which teenagers can drop-in and book-in to.

Our partner charity will deliver access to education, training and pre-employment activities such as CV and interview preparation on site for those aged 16 years plus.

We are fundraising to enable this Youth Wellbeing Hub to be realised, with much work to be completed over the next 6 – 8 months. This includes seeking corporate sponsors who have a desire to invest in this innovative project to promote the wellbeing of teenagers in need.



Scan to contact us
& **begin a conversation**
about sponsoring an open access
Youth Wellbeing Hub
in north Solihull.

- bring colour to young people's lives -

These are great examples of Shine Youth working with other charities and business partners to provide an holistic service to meet the needs that young people are expressing. Staff and volunteers from Shine Youth are working together to help meet the mental health needs of young people through their humility, ability, and consistency (three of the “Nine habits of Trust” <https://trustedexecutive.com/nine-habits-of-trust>).