



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 £36,000 (@Aug23).

November 2023 Update:

Hattie's story

SHINE YOUTH supports many young people each year whilst they are waiting for more specialist support. Hattie was referred for mentoring when she was experiencing suicidal thoughts, had been a victim of sexual violence and was awaiting specialist sexual violence support.

When this specialist support began (after 1 year of waiting) Hattie didn't want to be without the support of her mentor so the agencies agreed to work alongside each other. After 2 sessions Hattie did not want to continue with the specialist support but did want to continue with her mentoring. Her mother spoke to her school to explain the positive difference she said that the mentoring was making to Hattie feeling more motivated **(Her name has been changed and a model used)**



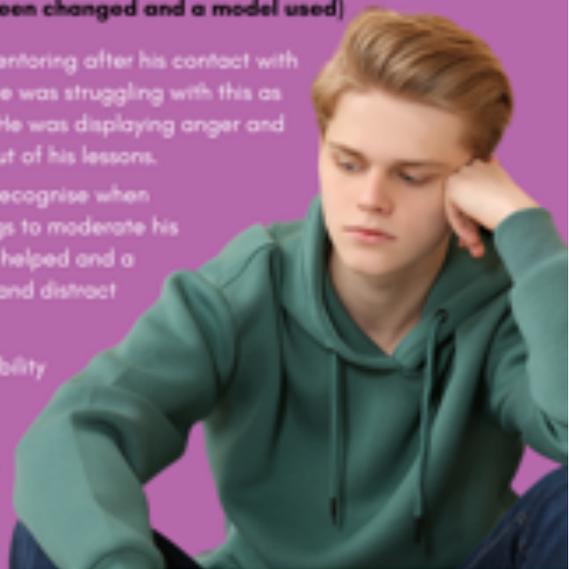
Kyle's story **(His name has been changed and a model used)**

15 year old Kyle was referred for SHINE YOUTH mentoring after his contact with his dad was stopped due to a police incident. Kyle was struggling with this as he was used to seeing his dad every other day. He was displaying anger and 'a bad attitude' in school and regularly walking out of his lessons.

Kyle's mentor validated his anger, helped him to recognise when he felt particularly angry and to try different things to moderate his reactions. Breathing techniques and a stress ball helped and a traffic light analogy helped him to stop, breathe and distract and relax using the stress ball.

Kyle's teachers noted the positive change in his ability to manage his feelings and not leave lessons.

In his own feedback Kyle said his mentoring was "very positive," he had "really enjoyed mentoring" and "it's really helped me feel better generally and in school."



These are great examples of Shine Youth working with young people to deliver an holistic service to meet their individual needs. 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>).