

Will you help us invest in the mental wealth of the next generation?

Financially:

10p
every day

10p a day for a year pays for an hour of quality attention for a young person in distress

£12.25

enables a safeguarding check for a mentor (which all mentors must have)

£349

gets a volunteer mentor trained, resourced and supervised for a year

£2,495

catapults a new mentoring hub somewhere else in the UK

Relationally:

- Does our purpose resonate with you?
- Are you interested in becoming a volunteer mentor?
- Is your business keen to invest in the next generation?

Contact us to:

Hear about our Mentoring Taster Evenings
See if training as a mentor is your next call
Request an inspiring speaker at your next event
Just connect and discover more



You can raise donations for free when you shop online using the Give As You Live App - just search 'Lifespace Trust'.

Speak to us: 01789 297400

Human contact: Based at The Community Hub on Tyler Street, Stratford-upon-Avon. CV37 6TY

Write to us: info@lifespace.org.uk See more: www.lifespace.org.uk

Twitter: @lifespace / Facebook 'Lifespace Trust' / Blog: lifespacespeaks.blogspot.co.uk

Registered Charity No. 1122170

www.lifespace.org.uk



How will the next generation of young people show up?



Authentic? Brave? Compassionate?

...as leaders in business, civil society and in their families?

...what will help them be ready to thrive in a fast, complex and uncertain world?



www.lifespace.org.uk



Not everyone cruises through life

Who are we?

Founded in 2004, Lifespace Trust is an independent local charity based in South Warwickshire. We are a community of over 50 trained and supervised volunteer mentors and have mentored over 1,400 young people. We are nationally accredited with the APS and awarded the Queen's Award for Voluntary Service.

What do we do?

We mentor young people one-to-one aged 7-19 in schools and community-settings in order to reduce their distress, build resilience and help them achieve more. We train mentors across the U.K. so together we can help release the true potential of every young person.

Why help?

EARLY HELP: Half of mental health problems in adults are established by the age of 14 (source: Children's Society) ...and since 2005 the number of young people prescribed anti-depressants has doubled (source: World Health Organisation). It doesn't have to be this way.

LOST TALENT: 70 million work days are lost each year due to mental health in the workplace costing the UK over £70 billion each year (source: Mental Health Foundation). Young people are an asset.

OUR HIGHEST INTENTION IS...

To invest in the 'mental wealth' of every young person across the nation in order to release their true potential, both now and for the future.

INVEST? For every £1 invested in youth mentoring services, £84 is saved in public costs through the reduced burden on the criminal justice system, social welfare and health care. That is huge payback. (source: Mentoring and Befriending Foundation / Public Health England)

"The work of Lifespace makes an outstanding contribution"

- Tim Cox,
Lord Lieutenant of Warwickshire



How do we help young people?

We show compassion to reduce distress & anxiety

We coach to help young people cope with failure, disappointment and loss

We give time to understand

We give attention

We trust young people to become their best versions of themselves

We create safe places to listen

We team up with others who can also help

We remind young people they are always worth 10 out of 10 whatever their circumstances or mood

We find out what's right, not just what's wrong

We help by being there and don't give up

We unlock creative thinking to explore solutions

We help young people find their talents

We build resilience and confidence

We inspire achievement - helping young people step by step

We bring fresh perspectives