



COMMUNITY MENTORING

SWITCH Futures is a **free** mentoring programme designed to support young people facing challenges like poor mental health, criminal exploitation, and exclusion from education.

Our team of dedicated Youth Development Workers will provide one-to-one mentoring, group mentoring, positive activities, and leadership opportunities to help young people thrive.

SUPPORTED BY
MAYOR OF LONDON

Why is it needed

Time and time again, young people tell us they need another adult in their life who cares about them; someone who is interested in their future.

SWITCH Futures means that they'll have access to an adult they can trust to provide them with the support and guidance they seek.

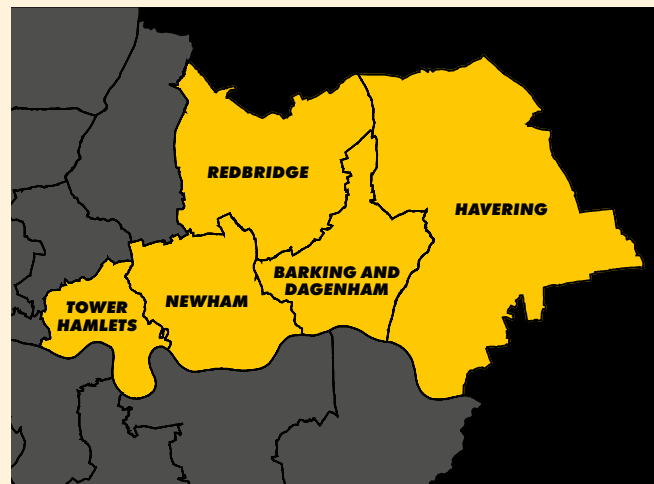
Who

The programme is aimed at **young people aged 11 – 18 and up to 25 with additional needs.**

It is open to any young people who are at risk of or vulnerable to **poor mental health, criminal exploitation, or exclusion from education,** and either live or go to school in **Newham, Tower Hamlets, Redbridge, Barking and Dagenham, or Havering.**

Where

Mentoring sessions will take place across different community settings including schools, family hubs, community hubs, and youth centres. Depending on need, there is also opportunity to conduct home visits as required. All spaces will be risk-assessed to ensure the environment is safe for both staff and mentees.



When

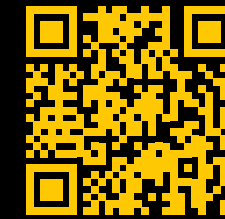
The program commences on **April 1st 2024.** However, we are **open for referrals now.** These will be given on a first-come-first-served basis. If the programme is oversubscribed, we will create a waiting list.

Both group and one-to-one mentoring sessions will take place weekly across a range of venues and boroughs.

How

We take referrals from statutory services (e.g. GP, early help, social services) as well as schools and parents/carers for children who are homeschooled. Please use the referral form at the link below.

There is no cost for this programme.



Make a referral at
bit.ly/switchfutures
or scan the QR code!

Support for the programme

Thanks to funding from the Mayor of London, we're expanding our reach to support even more young people across East London. With additional resources and dedicated staff, we're committed to making a positive difference in the lives of young people in our community. In addition, LifeLine works in partnership with a number of statutory organisations, including **Havering Council, Barking and Dagenham Council, Redbridge Council, the NHS, schools, and GP surgeries.**

Impact of our mentoring

Our award-winning **VIP (Vision, Identity, Purpose) Mentoring** programme uses metrics such as the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS), SRDS measuring behaviour, and school attendance and behaviour data to demonstrate impact of our programme.

Wellbeing

Young people on **SWITCH Futures** have a below-average WEMWBS score of **46** on referral. By the end of our holistic mentoring programme, this goes up to **51.8**, above the England average for men and women. It would be safe to assume that young people with an above-average wellbeing are not likely to need further mental health support or CAMHS, enabling young people to achieve the required academic results in the short term and positively contribute to society in the long term.

5.8 average increase in **WEMWBS** score for young people



"The mentoring programme has helped me in so many different ways, to see that the teachers are not targeting me and to focus more on my work. Also, it has helped me to understand most of the teachers and build a relationship with them."

—Young person—

"I have noticed a huge improvement in their ability to handle situations that would previously have caused them to react aggressively. You can tell that they are trying their best."

—Head of Year—

"I wouldn't be where I am right now without the help and support from LifeLine. They have motivated me and inspired me to do much more in my life and gave me more happiness."

—Young person—

"Mentoring helped me feel like a weight has been lifted off me."

—Young person—

"They have changed so much since you've been in their life. Thank you for helping them!"

—Mother of young person—



LifeLine
Projects

We are a local charity that has been supporting young people since our inception in 2000. Over the last two decades, we have grown to offer support to young people and communities across East London.

VIP Mentoring is our signature and award-winning approach for supporting young people, closely aligned with the Mayor of London's **Mentoring Quality Framework**. Co-designed with young people, our mentoring aims to provide the key building blocks—**Vision, Identity, Purpose**—through which they are empowered to make better choices.

Our mentoring programmes have been independently evaluated and show a clear and measurable improvement in a young person's wellbeing.

www.lifelineprojects.co.uk