

M.E.M[®] **Mental Health** **Empowerment Mentoring**

Provision for Schools

We collaborate with schools to offer a fresh and tailored approach to mental health and well-being support. Our dedicated Mentoring and Empowerment Mentors (M.E.Ms) bring a relatable, real-world perspective that resonates with students. Backed by specialised training and diverse backgrounds, our M.E.Ms have a proven track record of positively influencing students' mental health, fostering resilience, and boosting their engagement in education. Together, we can create a supportive environment that empowers students to thrive both emotionally and academically.

www.caresltd.co.uk

M.E.M[®] Provision in Schools

Aim: To meet each child at their individual point of need, equipping them with the tools, strategies, and resilience to overcome their challenges and negative experiences.

What evidence do we have that this is effective?

Reach

We focus on meeting each child where they are in their journey, equipping them with the emotional toolkit they need to support themselves in the future. Our knowledge of the effectiveness is demonstrated by data collected on repeat referrals.

Regular sessions

Having our Mental Health Empowerment Mentor (M.E.M) as a familiar presence within your school environment and team ensures that all children have ongoing access to a quick and easily reachable service.

Relatable Mentors

All of our Mentors receive comprehensive training in compassion and empathy, enabling them to respond effectively to children in need. They are skilled at demonstrating relatability and creating a sense of security, ensuring that each child feels safe and understood.

Recommendations

The referrals and recommendations we have received have enhanced our understanding of the impact and effectiveness we are making, not only on the children but also on the staff and the broader community.

Why should you collaborate with us?

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We recognise that every school is unique, with its own set of requirements and specific needs. That's why we work closely with your team to gain a deep understanding of your school's priorities, allowing us to tailor our approach to align with your strategic goals and deliver the most effective support.



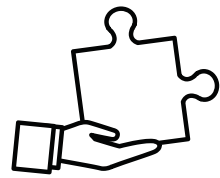
Faster mental health and well-being support for your students

Measurable impact on students future

By preventing long-term issues, we help support students throughout their school life while reducing the need for costly future referrals.

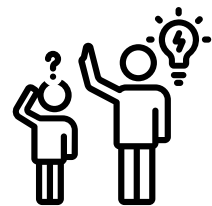
An exceptional service and a trusted long-term partner committed to supporting your school's goals.

How it works



Priority pupils

Our pupils are referred directly by your SEND lead or teachers. We support students who are disengaged, have faced challenging life experiences, are struggling with disruptions to their learning, have low emotional resilience, or may be at risk of harm.



Relatable role models

Each of our Mental Health Empowerment Mentors (M.E.Ms) serves as an outstanding role model for young people. With extensive life experiences, they are relatable and realistic, which we have found to be invaluable when supporting students at this critical stage in their lives..



M.E.M support

We offer personalised one-on-one support for students through a tailored 6-week program that addresses each child's unique needs. In these child-led sessions, we implement holistic well-being approaches designed to foster emotional intelligence, promote understanding of personal boundaries, and enhance self-awareness.



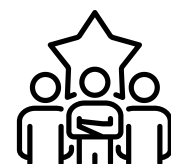
The Framework

The sessions are designed to fit into your school timetable. The M.E.M will be in school between 9-3:30pm each day, they typically hold five or six 1:1 45 minute sessions per day.



Relationship building

Your dedicated Mental Health Empowerment Mentor (M.E.M) is assigned to your school to build strong relationships with students and provide support for both them and your school in addressing any challenges that may arise.



Further support

Our school well-being support leaders will visit your school each half term to ensure ongoing compatibility and provide enhanced support as needed. This support can be customised from various options, including teacher and staff supervision, parent coffee mornings, and specialised training sessions.



Recording and impact

We offer access to a personalised reporting system that captures insights, impact, and valuable data for both your school and our team. The school, the M.E.M, and our admin team all have access to this system to ensure that all data is effectively tracked and recorded.

Additional information

We handle all aspects of the provision, freeing up your staff's valuable time to focus on their core responsibilities. Our significant investment in ongoing training for our team ensures that they have the most up-to-date knowledge and skills, delivering the highest quality of support. Additionally, your school staff have direct access to our experts for tailored advice and guidance whenever needed, enhancing the overall effectiveness of our partnership.

Our intent for your pupils

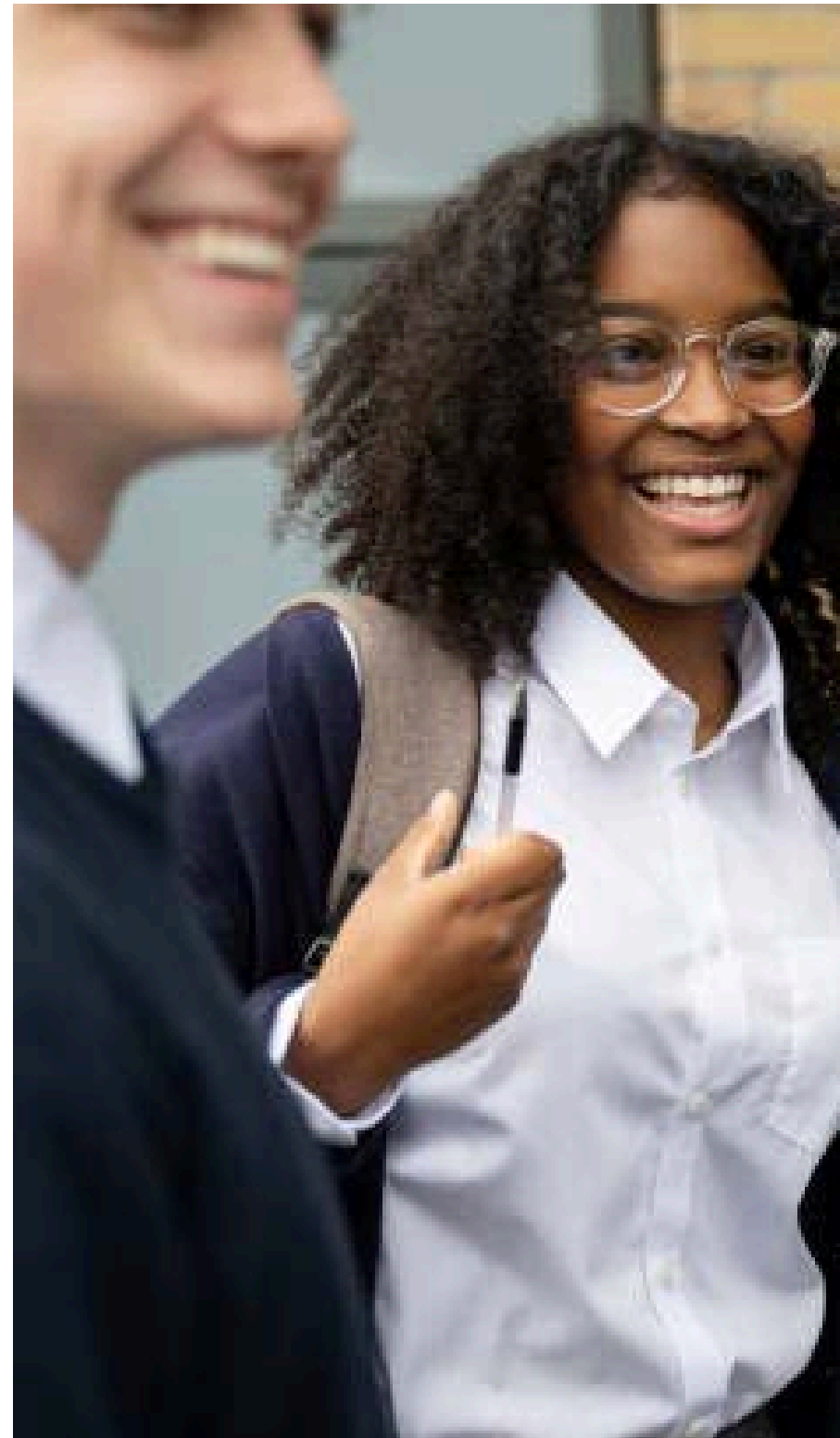
It is the aim of C.A.R.E.S to empower young people with the skills necessary to overcome emotional barriers to mental wellness, thereby enhancing their learning experiences and fostering a sense of safety and security in their lives. Our services cater to a diverse range of children, from those with low emotional resilience and self-esteem to those who have faced negative life experiences and trauma. We encourage you to identify students who would benefit from this additional support, allowing us to customise their individual programs. By collaborating with each child to set personalised targets and outcomes, we can significantly influence their future decisions and well-being.



How can this work for you?

The framework

Our extensive experience working with children who have faced Adverse Childhood Experiences (ACEs) has shaped the development of our services for our partner schools. However, we believe it is crucial to tailor our approach to meet the specific needs of each school for maximum impact. Our provision is designed to fit seamlessly into your timetable, and we encourage discussions with our support team and your dedicated Mental Health Empowerment Mentor (M.E.M) to ensure you are maximising the benefits throughout the school day.



Requirements:

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- Your dedicated Mental Health Empowerment Mentor (M.E.M) will complete a brief form with each child.
- The M.E.M will also update the online portal under each child's name to summarise the session and outline the support provided.
- **Safeguarding:** The M.E.M must be familiar with your school's safeguarding policies and will have time to follow up with your Designated Safeguarding Lead (DSL) and Mental Health Lead (MHL). All safeguarding disclosures will be securely recorded in the school and reported to C.A.R.E.S. It is essential for us, the M.E.M, and the DSL to work collaboratively and provide mutual support.

Meet some of our M.E.M's

Our mentors are remarkable individuals who have firsthand experience with Adverse Childhood Experiences (ACEs), equipping them with unique insights to thrive in their roles at your school. The connections they form with students are essential for the effectiveness of our program. At C.A.R.E.S, we prioritise understanding the specific needs of your provision to ensure the best mentor match. All of our staff undergo comprehensive training and are overseen by C.A.R.E.S, with regular service evaluation sessions throughout the academic year to guarantee that we consistently meet the highest standards.

Mental health Empowerment Mentors

Hi I'm Ella...

/07

My name is Ella, from Newcastle upon Tyne, I love empowering children to reach their true potential. We M E M.s are helping to cultivate a generation of innovative, happy individuals who will shape a brighter caring comfortable future for them to live in.

I'm a qualified accredited psychotherapist, adult and children's counsellor. I started my career 35 years ago as a qualified NNEB Nursery Nurse. I've worked with hundreds young children, teenagers and their families. I'm also a master in MNLP a qualified Belief Coder & Hypnotherapist, and a Master in Reiki Healing. I coach workplace workshops in Personal Development, Stress Management, Health and Wellbeing, Meditation & Mindfulness.

I also run my own private therapeutic practice in person as well as on Zoom around the world.

I have an absolute passion in working with children & young people. "Children are our future, and investing in their growth and development can only ensures a happier world for us all to live in. 'HAPPY DAYS'



Meet some of our M.E.M's

Hi I'm Keren...

I grew up in North London, with one of my older brothers as my rock, helping me through a difficult childhood marked by my parents' troubled relationship. I was quiet and hyper-vigilant and carried an anger inside that eventually led me to rebellion, alcohol, and unhealthy relationships, leaving me disconnected from myself.

My big brother then guided me toward a new path, introducing me to Camp America, where becoming a camp instructor transformed my life.

Working with children and young people outdoors ignited a passion within me, and the anger began to fade. I realised the importance of mentorship and knew I wanted to be a positive role model for the next generation, just as my brother had been for me.

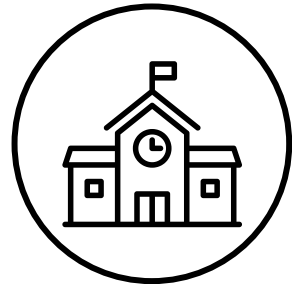


Hi I'm Polly...

I'm from Warrington. I'm a Belief Code Facilitator, Angelic Reiki Master, Children's Life Coach with over 20 years primary teaching experience, and lecturing on PGCE teaching degree. I am truly passionate about working with children and young people and as a mum of two myself I believe it is our responsibility to help guide the next generation.

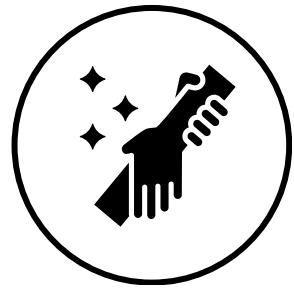
In the words of the amazing Whitney Houston... "I believe the children are the future, teach them well and let them lead the way!" If we teach our children well about their own mental health and how to navigate their own emotions they will have an empowered and brighter future. They can lead the way for themselves and others to follow.





School support

Your designated School Well-being Support Leader will work closely with you to ensure the program achieves the greatest impact in your school. Drawing on a wealth of experience and insightful data, we offer expert guidance and comprehensive support to maximise the program's effectiveness.



M.E.M

We thoroughly vet all Mental Health Empowerment Mentors (M.E.Ms) prior to their training with us. This rigorous process helps us gain a comprehensive understanding of their life experiences, ensuring that we assign only the most qualified individuals to your school. Our entire team is managed by C.A.R.E.S, which guarantees the smooth operation of our partnership and ensures that your school always has access to a mentor. We provide ongoing supervision for our M.E.Ms to support their well-being and ensure they are fully equipped to deliver the highest quality service for your school.



Training

We ensure our bespoke training program incorporates the latest knowledge and best practices, equipping our Mentors with a deep and varied understanding of the many adversities children may face. By drawing on diverse life experiences, we provide comprehensive training that covers all essential areas, ensuring each Mentor is highly skilled and specialized to deliver exceptional support for your school.



Open access to guidance and advice

As an organisation, we are committed to ensuring that you always have access to us for additional advice and support.

Support Management

What does it cost?

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We prioritise complete transparency in our pricing, focusing on the positive impact we make rather than profit.

Our aim is to ensure that our services are financially sustainable for our partner schools, enabling us to provide lasting and effective support for the long term.

CPD Training and accreditation	495.00	2 Hour Bespoke training program accredited by CPD delivered by the Founders of C.A.R.E.S
M.E.M. Support	7,800.00	Annual M.E.M support for pupils. x39 visits = one day per week. Average number of pupils x 5 per day
Well-being Support Leader Visits	1,460.00	Half-termly Well-being visits to support adults in school, inclusive of components chosen by the school from the list provided.
Assembly by Inspired Mentors	250.00	Tailored motivational assembly for those harder to reach pupils Delivered by inspired mentors who have experienced great adversities themselves
Parent Workshop x2	495.00	1 hour bespoke training and talk with groups of parents invited by school delivered by the Founders of C.A.R.E.S
Total for an Academic year	10,500.00	Average cost per pupil Based on our M.E.Ms seeing 5 pupils per day x 39 days £53.85

Rated as 'Very Low' cost on the Education Endowment Fund's 5-point scale for interventions

Would you like to find out more?

Are you interested in exploring how M.E.M support can benefit your school, we would love to have a conversation with you.

Contact our School Well-being Support Leaders who will be more than happy to talk you through our options and arrange an in person meeting to discuss your requirements in more detail.



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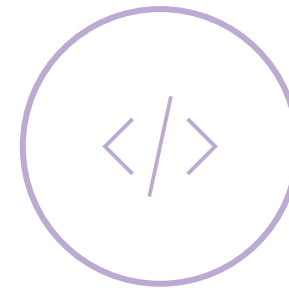


School testimonials



Hapton Primary School

Presentations are communication tools used as demonstrations, lectures, reports, and more.



Web Design

Presentations are communication tools used as demonstrations, lectures, reports, and more.



Graphic Design

Presentations are communication tools used as demonstrations, lectures, reports, and more.