



# Outreach Mentoring Services

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At Risk Mentoring  
Therapeutic Mentoring  
Progression Mentoring  
Black Boys Mentoring  
In-School Mentoring Hub  
After School Club

Inc costs

Apr /2021



Google



Trustpilot



## WHO WE ARE

A community of professional expert youth mentors delivering outcome focussed mentoring that provides a safe space for all young people to reflect, explore, reframe and they develop the tools to succeed.




## CONTACT US

02081588500

[info@thementoringlab.co.uk](mailto:info@thementoringlab.co.uk)

## FIND US ON

[www.thementoringlab.co.uk](http://www.thementoringlab.co.uk)

   @thementoringlab

**Our youth mentors are from a range of BAME backgrounds, trained to create safe spaces to reflect, explore, reframe and develop.**

Dear Colleague,

We have trained and equipped over 12 experienced youth mentors who are experts in supporting young people's learning and progression.

Our 1:1 and group mentoring model follows a solution-focused, evidenced-based framework, using an extensive mentoring toolkit, equipping our mentors in delivering high-quality mentoring that gives young people a safe space to reflect, explore, reframe and develop the qualities and soft skills required to access learning and achievement.

With a proven track record of delivering mentoring and youth engagement programmes for Hackney, Greenwich, and Thurrock local authorities, we pride ourselves in offering excellent services that make a direct impact in young peoples lives.

Recruited and trained in accordance with our Safer Recruitment and Safeguarding policies we are here to offer additional support to;

- Reduce exclusions
- Improve attendance
- Improve the aspirations and protective factors of BAME and Looked After Children
- Offer additional support to students on EHC Plans
- Prevent risky behaviours, criminal and sexual exploitation
- Prevent NEET post 16

We also offer;

- Accredited and CPD training in Youth Mentoring
- Online After School Club delivering industry-related project-based learning opportunities
- Private tuition for young people with SEND and at risk of school exclusion

To book your consultation visit our website [www.thementoringlab.co.uk](http://www.thementoringlab.co.uk) or call 02081588500 to speak to our CEO.



Elaine Isadora Thomas  
Founder CEO






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We follow a structured outcomes-focused, evidenced based framework. We use an extensive mentoring toolkit that equips our mentors in creating safe spaces where young people can reflect, explore, reframe and develop the qualities and soft skills required to achieve.



### What we offer:

Founded on physiological and sociological theories, our evidence-based mentoring supports both academic and personal progression.

### Our Model:

We follow a structured outcomes-focused, evidenced based framework. We use an extensive mentoring toolkit that equips our mentors in creating safe spaces where young people can reflect, explore, reframe and develop the qualities and soft skills required to achieve.

**Need after school mentoring? Ask about our after school mentoring club package.**

#### Year 10 & Year 11

GCSE revision and exam preparation

#### Year 10 & Year 11

GCSE overcoming barriers to higher attainment

#### Year 9, 10, 11

Career guidance for low achievers

#### Year 9

Preparation for KS4

#### SEND

Raising attainment and engagement, securing post 16 opportunities

#### LAC

Raising aspirations and post 16 opportunities, securing post 16 opportunities

#### BAME

Raising attainment, engagement, overcoming barriers to learning, securing post 16 opportunities

#### AT RISK

Improving confidence, focus and attitude to learning with artisan crafts and mentoring



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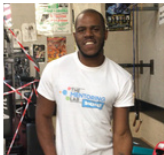
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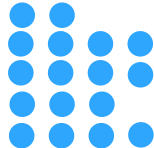
# MEET OUR YOUTH MENTORS

● Awareness of    ● Competent in delivery    ● Solid background    ● Specialism



**Ryan**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



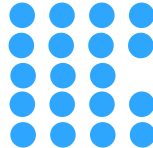
**Hard to Reach and Gang Expert**

Recording artist supporting most at risk youth in raising aspirations.



**Sumaiya**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



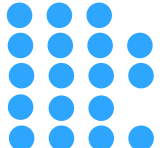
**Study Coach**

Expert in developing independent study techniques amongst the hardest to reach.



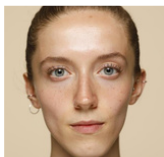
**Maxwell**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



**Hard to Reach and Gang Expert**

Recording artist with songs in Hollywood movies, supporting most at risk youth.



**Mirela**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



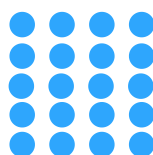
**Creative Art Progression Mentor**

Uses creativity to engage and support academic and personal progression.



**Scott**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



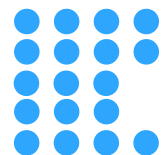
**Therapeutic Mentor**

Uses music and art to support mentees in developing tools and resilience.



**Rukhsana**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



**SEND Expert**

Supports the learning and progression of young people with special educational needs.



**Vrinda**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



**Study Coach**

Expert in developing independent study techniques amongst the hardest to reach.



**Luke**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



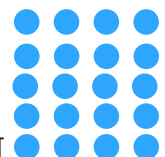
**Hard to Reach and Gang Expert**

Jiu Jitsu expert. Explores life principles and post 16 options to prevent risky behaviour.



**Paris**

SEND  
POST 16  
BEHAVIOUR  
MH  
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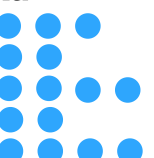
**Therapeutic Sports Mentor**

Uses sports and art to support mentees in developing tools and resilience.



**Chiemeka**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



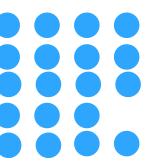
**Peer Mentor**

Trained to empower youth voice, improve behaviour and aspirations with peer mentoring.



**Elaine**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



**Youth Career Guidance Expert**

Delivers transformative career guidance for marginalised youth.



**Jean**

SEND  
POST 16  
BEHAVIOUR  
MH  
ATTAINMENT



**Hard to Reach and Gang Expert**

Professional footballer, personal trainer and expert in the raising aspirations of at risk youth.



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# COST OF SERVICE

Estimated costs. Minimum of 5 referrals required

<b>AT RISK MENTORING</b>	Outcomes focused with career guidance. Strengths and asset based. Aims to improve protective factors and lifestyle choices.
<b>THERAPEUTIC MENTORING</b>	A reflective space to explore, reframe and make progression in overcoming barriers to progression and learning.
<b>PROGRESSION MENTORING</b>	Supports behaviour management, attitude to learning and relationships. Strengths-based. Explores post 16 options and careers.
<b>IN SCHOOL MENTORING HUB</b>	An engaging therapeutic mentoring programme embedding with project-based learning activities. An innovative trauma-informed approach to reducing persistent exclusions.
<b>AFTER SCHOOL MENTORING CLUB</b>	A group mentoring approach to addressing poor behaviour, improving attitudes toward learning and attainment.
<b>BLACK BOYS MENTORING</b>	Culturally competent progression and career mentoring. Aims to enhance personal networks, protective factors and lifestyle choices.

OUR RATES	MENTOR RATE		
	HOURLY	HALF DAY	DAILY
At Risk Mentoring*	£57	£220	£350
Therapeutic Mentoring*	£65	£250	£450
Progression Mentoring	£55	£210	£340
Black Boys Mentoring	£57	£220	£350
After School Mentoring Club**	£100	£400	-
In-School Mentoring Hub**	£100	£400	£800

Displayed cost includes maximum 1 hour planning and supervision per session, ongoing training for each mentor, mentoring workbook and resources and end of relationship report. \*Includes mid week call to each mentee. \*\*Includes two mentors Some informal learning activities such as street fashion design or creative money making may incur additional costs. Locations outside of the M25 incur 48p per mile or associated travel expenses.



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# Recommendation

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Hackney Council  
Opendoor Services (Thurrock)  
Beaumont School  
Mentees



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# Beaumont School

Austen Way St Albans Hertfordshire AL4 0XB t: 01727 854726

www.beaumontschool.com e: admin@beaumont.school

Headteacher: Mr M Atkinson e: head@beaumont.school

13 April 2021

Dear Elaine and JT,

I wanted to take this opportunity to thank you both for the support that you have offered our two students.

As you know, we were very keen to organise mentoring for these two students and they have both responded incredibly well to the support that The Mentoring Lab has offered, so much so that we extended their programmes with you from 6 to 12 weeks!

Both students have engaged more in their school careers and have been encouraged to think clearly about their futures beyond Beaumont. They have both become more proactive and are engaging more with their teachers. There is no doubt in my mind that the goal setting tools and opportunities to reflect that you have given them have created this positive change in them both.

What has helped the success of this mentoring is your clear communication, your professionalism, and the fantastic resources that you use when working with the students. You have given our students the confidence to reach their goals and JT has been a fantastic role model for both students.

I am so proud to have established this working relationship with The Mentoring Lab and I would not hesitate to work with you and the team again. I look forward to nominating more students for the team to work with in the very near future.

Kind Regards

Elena Dundjerovic  
Assistant Headteacher



Artsmark  
Platinum Award  
Awarded by Arts  
Council England



SCHOOL  
MEMBER



Resident Participation Team

Clock House

149 Stamford Hill

Hackney

N16 5LG

Telephone: 020 8356 7845

E-mail: [get.involved@hackney.gov.uk](mailto:get.involved@hackney.gov.uk)

24th February 2020

It was a pleasure to work in partnership with The Mentoring Lab who helped to deliver a youth project in Hackney. The Mentoring Lab were able to lead in all areas of consultation and were instrumental in engaging the community by approaching local schools and liaising with the relevant Resident and Tenant Associations.

I found the organisation to be professional and proficient and they were capable of engaging a large group of young people from two different estates with varying demographics and a history of anti-social behaviour.

the Mentoring Lab were also capable of working under minimal supervision to deliver dynamically structured sessions where young people could come along to express themselves creatively in a safe and welcoming space.

I have worked in Hackney for the last five years and The Mentoring Lab have delivered the best youth project to date so I definitely will continue working alongside them to deliver activities for young people in Hackney.

Yours sincerely



Siohhan Crombie

Resident Participation Officer





Re: Elaine Thomas, The Mentoring Lab

29<sup>th</sup> October 2019

To whom it may concern

I have had the pleasure of working alongside Elaine Thomas from the Mentoring Lab for the past year. Elaine is a very capable professional who has demonstrated great skill and determination to deliver a very successful Summer Activities programme for Futureversity in Greenwich.

Elaine is an accomplished negotiator who has managed and developed partnerships with professionals and organisations to support the successful delivery of the programme she designed.

Her creativity produced a programme which was well attended with high levels of engagement from young people. Through her organisational skills she has managed a complex programme and further demonstrated the positive outcomes achieved through rigorous monitoring.

Some of the outstanding achievements delivered by Elaine:

- Increased participation from 250 to 576 young people
- Increased the number of activities offered from 40 to 87 (in 2018)
- Acquired £15k of in-kind support from corporates and local organisations.
- Increased Special Educational Needs & Disabilities (SEND) & Vulnerable Youth programme participants by 26% and improved community involvement via outreach.
- Developed a Volunteer Youth Programme consisting of 30 local youths aged 14-25 years old (2018)
- Project managed the redesign of the new online booking system.

Elaine is a professional with a 'can do' approach. She has developed and maintained positive relationships with corporate partners and team members. Her ability to inspire and motivate young people is second to none. I would not hesitate to recommend her to any organisation she is considering working with.

Yours faithfully

Mike Kelly

Chief Executive

Social Value



Quality Mark



INVESTORS  
IN PEOPLE

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## WHAT LEARNERS SAY

The session was very good, ~~at~~ the best 20 minutes of my life. I liked talking about my career as I didn't know much before.

The sessions helped me behave better in lessons, and helped me think about what I want to do in the future. Henry 16

I think that these last two sessions have encouraged me to do revision and also allowed me to make a clear plan of what I want to do in life.

Elaine as a mentor is just amazing because she understands where I'm coming from in situations & always gives me the most useful advice to overcome it. She also makes me feel happy & wanted and treats me like a real lady.

I found this session like it helped me a lot and gave me really good advice on what to do in year 11 and how I can do more to get better in my studies.

Was able to find out what the problem was and followed recommendations given, overall found the session very helpful.

I think the session was really good and it has made me realise how serious school is and make me better in my classes.

I think the session helped me focus on not only things in the session but in classes, like when I need help I will now ask without hesitating.

the session helped me with revision techniques.

\*Was well.

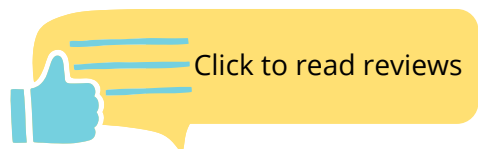
## WHAT TEACHERS SAY

Worked with a large number of pupils and was an invaluable addition to the schools measures to prevent exclusions. Would highly recommend to others

KS4 Achievement Coordinator  
The Cumberland School

Mentoring skills are second to none. Able to relate to the students in all areas that they choose to discuss. Excellent quality of work, excellent relationship with colleagues, excellent communication skills, excellent attendance, excellent timekeeping.

Year Care Team, Loxford School Trust





Who can you talk to for GOOD advice?

mate CHARGIE  
BESTIE linkie bruv  
S/S BABES FAM  
FRIEND MAN'DEM  
breditin Crew PARRSE  
BRUDDA OLDZ Older  
PEEPS BOSS Wifey  
MAM Boo A Mentor

Speak with a mentor for  
responsible, non - judgemental and practical guidance



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