

# Lifespace Trust

Community Grant Programme



Organisation:  
**Lifespace Trust**

Project: **Mentor training programme**

Beneficiaries: **107 pupils, children and toddlers**

Location: **Stratford-upon-Avon**

Region: **North West & Central**

## £4,200k

awarded to help cover the costs of the mentoring training project

For further information visit:

<http://betl.nationalgrid.co.uk/>

or contact:

**Community Helpline**  
01285 841912

### Community Grant Case Study

Lifespace is a charity, formed 12 years ago, that provides volunteer mentoring for young people, aged 9 to 19, across South Warwickshire who are suffering from a range of problems such as anxiety, bullying, self-harm, eating disorders or family problems - most referrals come direct from schools.

### Mentor training programme

To help meet growing demand Lifespace Trust wanted to train new mentors, so they could expand their services to include year six primary school pupils.

Training for each of the mentors would consist of an initial three-day training session along with on-going specialist support sessions throughout the year; supervision of mentors would also be included and all mentors would receive thorough child safety training.

The charity applied for a National Grid Community Grant to help cover the costs of the Mentor Training Project. They were successfully awarded £4,200 on the basis that the project seeks to support health and wellbeing in local communities.

Commenting on the impact that the grant has made to the charity, Andrea Gardner, said: 'The grant has allowed us to train new mentors and it has also provided us with the

opportunity to allow four of our existing mentors to undertake the accredited Youth Mental Health First Aid Training Course (YMHFA).

'To date Lifespace has held five YMHFA training courses for head teachers, teachers, teaching assistants and youth workers, with a total of 74 people receiving the training.

'We have evidence that shows that for every young person who has received help, eight others are positively impacted. This includes their class peer group, family, extended family and school staff.'

