

Mentoring and Emotional Support Services for schools September 2020 – August 2021

Male Mentors are available to support secondary students in Y7-9 with a range of needs. To request a Referral Form email Elaine Bridle at DSPL7 - elaine.bridle@dspl7.org.uk

MIKE ROSE

Mike is a male mentor with the VISTA team and joined the DSPL7 team in Sept 2020. He recently returned to the UK after 6 years living in Hong Kong with his family, seconded there through his wife's work. During this time Mike ran his own consultancy business in Supply-Chain and Logistics during 2014-2017 before committing his last 2 years in Hong Kong to voluntary work with the Centre For Refugees and Christian Action. Prior to moving to Hong Kong Mike led the Supply Chain team for the Asda/Wal-Mart Franchise where he designed and built a supply-chain network to service products to all international retail stores from all international sources. The work with the Centre For Refugees incorporated multiple key support tasks but was centred around supporting the management team, counsellors and key staff with anything they needed, to enable them to focus solely on supporting the refugee families.



During his time in Hong Kong Mike also attained a Diploma (Level 4) in Counselling Children and Adolescents (O.A. Dip), and a Mental Health first aid Certification through Mind HK. Mike is keen and very much looking forward to putting his wealth of experience and experiences, as well as his recent qualifications and studies to great use in his local community.

Support will start once a referral from a school has been received. It may be necessary to have a conversation to discuss the intervention required and desired outcomes before the service can commence. Schools are asked to ensure it is clear which member of staff should be contacted. Schools will be provided with an evaluation at the end of the intervention to discuss whether outcomes have been met, establish future service requirements and/or signposting to other services.

Please find details below of the type of work covered by this service:

ISSUES ADDRESSED WITH INDIVIDUAL STUDENTS AND SMALL GROUPS	WAYS OF WORKING (All interventions are time limited)
Supporting Emotional Wellbeing	
<ul style="list-style-type: none"> • Ambition • Anger management • Anxiety issues • Behaviour at home/school • Bullying • Confidence building • Coping skills • Dealing with family conflict • Feelings • Friendship difficulties • Goal setting • Listening skills • Looking back and looking forward 	<ul style="list-style-type: none"> • Managing Stress • Personal Plans • Promoting emotional literacy • Recognising emotions • Reflection • Resilience • Self esteem • Staying Safe • Target setting • Trust • Young Carers
	<ul style="list-style-type: none"> • Intervention in school with child in safe environment provided by school • Sessions are held on a regular basis and for an agreed length of time • Agreed time limited intervention <p>Interventions to include:</p> <ul style="list-style-type: none"> • Ice breaker games • Protective Behaviours • NLP based sessions • Role play and Games • Books, games and exercise sheets