

Home-Start Colchester

Registered charity No 1116639

Company No 05706756

Home-Start Colchester is a registered local independent charity that was formed in 1996 and has since developed a team of fully trained and dedicated home-visiting volunteers/mentors and staff.

Home-Start Colchester is governed by a committee of trustees from different backgrounds, who volunteer their time to ensure the scheme operates in accordance with Home-Start Standards of Practice.

Home-Start schemes are rooted in the communities they serve. They are managed locally, but supported by the national organisation; this offers direction, training, information and guidance and ensures consistent and quality support for parents and children wherever they are.



Home-Start Colchester

The Ark

Jack Andrews Drive, Off Gavin Way

Colchester

Essex. CO4 9FF



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Coaching or Mentoring



Early Help
For young people 8+
Colchester & Tendring District

Early help intervention

Our Early Help Service reaches out to young people aged 8 years up to 19 years, when the first signs of difficulty appear. It provides a service that offers bespoke early help mentoring or coaching to prevent early needs escalating.

Coaching- Young people aged 14 years plus.

Mentoring- Young people 8 years plus.

The Project criteria

Home-Start Colchester's FIF Coaching and Mentoring project offers support for young people across North East Essex quadrant (Tendring District and Colchester). The delivery partnership includes Inclusion Ventures and Leonara Broker.

We can support young people facing:

- Emotional distress
- Social Isolation
- Relationship breakdown

How it works

The service will begin with a skilled project leader visiting you at home. You will then receive support to identify needs and the early help required to enable you to achieve positive changes, before increased difficulties appear, preventing escalation.

As well as receiving a key worker, the service delivery may include:

The service is targeted at providing early help. The parents being referred should not already be in receipt of other additional or specialist support services

What is coaching?

Coaching – is outcome focused and is a method of helping others to improve, develop and learn new skills. Our trained coaches will support young people to find personal success, achieve goals, and manage life change and personal challenges through questioning and reflection processes. Coaching commonly addresses attitudes, behaviours and knowledge, as well as skills. Coaches will provide opportunities for individuals to think about their options, progress and success.

Life Coach – Planned sessions will provide the opportunity for young people 14+ to meet with a qualified coach with the aim to build new skills to manage personal challenges and life changes.



Awareness is the first step towards positive change - the next step is action.

What is mentoring?

Mentoring – A fully trained and DBS cleared adult mentor, who is carefully matched to provide emotional and/or practical support for young people aged 8 +. Our trained mentors motivate, guide and assist young people considered to be at risk of being socially excluded or in need of support.



Mentors – Trained adult mentors provide a positive role model or guide. Mentoring can make a real difference to mentees who will find they are struggling at a time of change. They may also find that they need the dedicated support of another person to help them navigate their way through. Mentoring can be both a one-to-one and group activity.

Up to 12 weeks' support to include:

- Assessment of needs
- Key worker support
- Bespoke early help intervention
- Emotional and practical help from a dedicated person to role model or guide
- Solution-focused approach
- Mentoring group programmes
- Mentoring at home and in the community
- Individual coaching sessions