

# Home-Start Colchester

Registered charity No 1116639

Company No 05706756

## Back ground on the charity

Home-Start Colchester is a registered local independent charity that was formed in 1993 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.



## Coaching or Mentoring



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## Early Help For young people 8+ Colchester & Tendring District

## Early help intervention.

Our trained mentors motivate, guide and assist young people considered to be at risk of being socially excluded or in need of support. Our Early Help Service reaches out to young people 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.

## 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 programs
- Mentoring at home and in the community
- Individual coaching sessions.

## Project criteria:

The FIF Coaching and Mentoring project will offer support for young people across North East Essex quadrant (**Tendring District and Colchester**).

We can support young people facing:

- Emotional distress
- Social Isolation
- Relationship breakdown

**\*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 and Mentoring?

**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 aims, 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.

**Mentoring** – 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 one to one and group activity.



## 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, thus, preventing escalation.

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

**Mentoring** – A fully trained and DBS cleared adult mentor, who is carefully matched to provide emotional and/or practical support for young people 8 +  
Access to My Club which provides a structured mentoring program of activities, mentoring and tailored support.

**Life Coach** – Planned coaching sessions that provide the opportunity for young people 14+ to build new skills to manage personal challenges and life changes.

Each offer is bespoke and provides a tailored mentoring and coaching journey.



To make a referral email:  
[team@homestartcolchester.org.uk](mailto:team@homestartcolchester.org.uk)

Tel: 01206 865349

Download a referral form from  
[www.homestartcolchester.org.uk](http://www.homestartcolchester.org.uk)

**Mentors are managed and supervised by our local Home-Start scheme which is in turn is supported by Home-Start UK; a community resource with all the benefits of a strong national organisation.**

To make an Early Help Request: Email: [team@homestartcolchester.org.uk](mailto:team@homestartcolchester.org.uk) Call 01206 865349 [www.homestartcolchester.org.uk](http://www.homestartcolchester.org.uk)