

"I can do it"

## Home-Start Colchester

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.

**I Can Do It** is a new project funded by BBC Children In Need.

**The project is an approved Mentoring and Befriending provider**



Telephone: 01206 865349  
Email: [team@homestartcolchester.org.uk](mailto:team@homestartcolchester.org.uk)

The referral form can also be found on [www.homestartcolchester.org.uk](http://www.homestartcolchester.org.uk)

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**Home  
START**  
Support and friendship  
for families

I Can Do It



Multi-component Mentoring Project

5-11 years

Colchester and Tendring District

The I Can Do It project is innovative work focusing on giving children opportunities to unlock their full potential, and guide young people to meet their own goals.

## Who can we support?

Age: **5-11 Years**

Location: Colchester and Tendring District

The primary beneficiaries of this project will be primary school children with needs level 2 additional and 3 intensive.

The project aims to support children who may have limited opportunities to take part in community activities. Children who may feel isolated; have a children in need plan; low family income; a young carer, a child with low confidence.

The project aims to enable children to build self-esteem, confidence and life skills. Reduce isolation and raise aspirations

## Aims of the project

-  Reduce isolation
-  Build new skills in planning, budgeting, building paths to achieve goals
-  Improve relationships with family, peers, parents and others in the community
-  Develop resilience and encourage aspirations
-  Improve personal achievements

## How long will the support last?

Support is offered between 6 months – 12 months depending on need.

## Who can make a referral?

We accept referrals from, health, school, social care, all local partners and self-referrals



## How will the project be co-ordinated?

A Project Co-ordinator will visit the family home and tell you about the project. They will spend time with each child over a period of time getting to know them, building trust and understanding and planning the bespoke mentoring journey. The Project Co-ordinator will remain the key contact.

To make a referral

Email: [Team@homestartcolchester.org.uk](mailto:Team@homestartcolchester.org.uk)

## Multi-component mentoring service

### Community activities

Each child supported by the project will be provided with a Children's University Activity passport and will be supported to achieve the Bronze award and attend the Children's University Graduation Awards Ceremony.

### Peer workshops

Each referred child will be invited to plan and join our fully funded innovative workshops during the school holidays, providing the opportunity for each child to make new friends, share peer support and gain new skills.

At each workshop lunch is made by the children themselves.

### One-to-one mentoring

When required we can offer a trained mentor to offer support starting at home. This support is aimed at boosting mentees' confidence, self-sufficiency, resilience, providing a listening ear and friendship.

Mentors also support children to manage boundaries and build social relationships. They support children to plan activities and set goals all of which leads to increased confidence, improved life skills and character building. A mentor can also offer practical assistance to help children access their chosen activities.

Mentors come from a variety of backgrounds and have been through a safer recruitment and training process. All Mentors are DBS cleared, supported and supervised by a skilled Project Co-ordinator.