

# DEVELOPING FUTURES



**Are you a young person from a minority background experiencing mental health challenges? Or do you know, or work, with someone who is?**

**Our free e-mentoring programme is here to help! Unlock your potential and achieve your educational and employment dreams with our free 12-week e-mentoring programme.**

**Contact Charlotte Barrett today on:**  
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or **07908 722385**

**Twiningenterprise**  
mental wellbeing through work

 **brightside**

SUPPORTED BY  
**MAYOR OF LONDON**

  
Social  
Business  
Trust

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## The programme delivered by Twining Enterprise

### How does it work?

We will match mentees with trained and DBS cleared skilled volunteer mentors from the public and private sectors, dedicated to mentees success.

The e-mentoring will happen over 12-weeks using Brightside's online youth mentoring platform.

The focus will be on developing hope, confidence, motivation and social and human capital for mentees on the programme.

### Who is involved?

Young 18-24 year olds in the Boroughs of Barnet, Brent, Ealing, Hillingdon, Hounslow, Hammersmith & Fulham, Harrow and Haringey. The programme is supported by the Mayor of London and the Social Business Trust.

### What you'll gain as a mentee

**PERSONALISED SUPPORT:** our mentors are handpicked, experienced and come from a variety of different backgrounds, ensuring you receive the best guidance tailored to your unique needs.

**FLEXIBLE COMMUNICATION:** connect with your mentor through text messages, video and phone calls, allowing you to access support whenever and wherever you need it.

**EMPOWERMENT:** with our mentors' support, you'll gain the confidence and motivation to conquer your challenges and improve your education, work experience, and employment prospects.

**COMMUNITY BUILDING:** join a network of like-minded individuals who share your experiences and can provide additional support and encouragement.

**HOLISTIC APPROACH:** we understand that mental health contributes to overall well-being; our programme aims to help you build resilience and develop coping strategies for now and beyond.