

The Edith M Ellis 1985 Charitable Trust

Meirim Illuminating Ltd

#34QS1SFCWR submitted on 16 May 2024

1.1 Please summarise what you are seeking from us

MentorWell is a solution to help young teens cope with their anxieties and insecurities. Consulting a therapist: 'We have been inundated with requests for individualised mentoring, with constructive exercise input, I strongly feel that these requests will dwindle. Teens need physical outlet support, which we simply haven't got the capacity to provide'

We are seeking from the trust the understanding the vital need of our project and to help us make it a reality.

1.2 Tell us more about your project, the impact it will have on those it aims to help, and why you consider the proposed approach to be innovative

Project description-MentorWell Teens

MentorWell Teens will encourage 30 young teens aged 13-22 to engage in healthy lifestyles and wellbeing activities. Young teens shared feeling burdened, needing to contend with increased academic pressure, rapidly changing social dynamics, morally ambiguous decision-making situations and many new and unhealthy temptations. Too often they lack the skills and experience to successfully navigate through these and other obstacles. MentorWell Teens will run a sports mentorship club. It will offer sports fitness, football sessions, mentoring, and wellbeing support to young teens facing social loneliness.

MentorWell will embrace what young teens like most. Be heard. Through a vote and voice participant-led group, will engage in increased project leadership and management. This will ensure project relevance, efficiency, and effectiveness as well as project inclusivity. With mentoring role models, young teens will gain enhanced confidence and well-being. Young teens will use their skills to practise respect and boundaries, comfort, and safety between young teens.

MentorWell Teen plans to offer activities three times a week, spanning over 48 weeks annually. The programme aims to engage 30 teens in youth-led exercise activities. MentorWell Teen will specifically target at-risk teens, giving them the much-needed let out. The diverse range of exercise activities. To ensure the success of MentorWell Teen, trained staff, specifically skilled in dealing with at-risk teens, will provide consistent support. This team, led by social workers and professional trainers, will address the emotional and individual challenges faced by these teens. Recognising the importance of consistency for at-risk teens, MentorWell Teen aims to provide stability and empower success and development.

MentorWell will liaise with organisations and school partners to monitor participants' progress levels in confidence, leadership skills and mindset. MentorWell will collaborate with local charitable organisations and schools, on shared learning outcomes, gain insight into youth needs, values, participation and spread benefits.

Throughout the project, we will share ongoing learning with all Meirim participants and parents/carers (via newsletters), local schools (via the headteachers' forum), and relevant partners via discussions /briefings).

The significant role of mentors where they serve as role models, to inspire teens to embrace good people's skills, including how to build healthy a relationship of mutual trust, and respect. Where young teens rely upon the model they didn't have. Our mentors will all be trained and experienced in supporting young teens, to inspire and empower.

For young teens who suffer from obesity, MentorWell will teach young teens to live on a healthy eating plan, for diet and weight loss. Wherein these crucial years, peer pressure is high and emotionally straining. Through exercise mentoring in a group, young teens gain physical endurance and strength, resilience, and confidence and most importantly leadership skills. MentorWell will decrease the learning, and increase the impact, through practising skills.

MentorWell will promote inclusivity, empowerment, gender equality, well-being and long-term personal development, recognising the unique needs and experiences of young teens, and creating a supportive environment for their growth and success. The positive influences MentorWell will create for young teens will be trifold, improved participation in sports, confident leaders and rewarding outcomes to relationships and academics. Mentoring involves helping and supporting mentees in recognizing challenges, concerns, or issues that are adversely affecting their quality of life. Mentors will work collaboratively with mentees to help them discover solutions or achieve resolutions for these issues. Enhancing the wellbeing of participants will play a pivotal role in bolstering community vitality. MentorWell will foster the development of robust relationships within and among community members and help young teens establish a stronger sense of belonging within their community.

1.3 Which grant-giving categories does your project fulfil?

B - Peace-building and conflict resolution

1.3b Peace-building and conflict resolution

We modal peace by bestowing kindness giving voice to teens within our organisation no matter their background or history. We discuss controversial topics letting each teen have their personal opinion and agreeing to disagree. By modelling how to peacefully disagree we are building young teens guiding them how to promote peace when they find themselves in a similar situation elsewhere.

1.4 Which country is the project based in?

United Kingdom (GB)

1.5 Will the project continue after initial funding has ended?

No

1.5b Please give details of how you plan to continue after initial funding has ended

—

1.6 How will the project be monitored and evaluated?

Each young teen will be paired with a youth-led mentor to assist them throughout the project. This mentorship will encourage open communication, allowing for young teens to share ideas, discuss topics, and offer suggestions for project development. Through joint discussion with users, we can effectively incorporate and adapt the programme. Through encouraging young people to set personal goals we can successfully support them for a better outcome.

2.1 Expenditure

EXPENDITURE ITEM	AMOUNT	NOTES
exercise equipment	£600	

swimming pool hire	£1,500	
mentors	£2,500	
exercise instructors	£2,500	
TOTALS	£7,100	

2.2 Income

INCOME SOURCE	TARGET AMOUNT	AMOUNT RAISED	NOTES
Subsidised entry fee	£1,500	£1,500	
local campaign	£2,000	£1,100	
TOTALS	£3,500	£2,600	

2.3 What is the total amount (in £ sterling) your organisation is requesting from The Edith M Ellis Trust?

£4,500

2.4 Has your organisation made an application to The Edith M Ellis Trust before?

No

2.5 Please state your organisation's annual turnover (in £ sterling)

£158,405

2.6 Do you wish to upload your audited accounts or financial statement?

Yes

2.6b Upload File

<https://theedithmellischaritabletrust.org/assets/uploads/2024/05/meirim-annual-report.pdf>

2.7 Please tell us where payment should be made if your application is successful

Meirim Illuminating Ltd
39327119
23-14-70

3.1 Your name

Yitzchok Stroh

3.2 Your contact telephone number

07970692487

3.3 Your position within the organisation

trustee

3.4 Your email address

office@meirmilluminating.com

3.5 Organisation name

Meirim Illuminating Ltd

3.6 Please state the status of your organisation

UK registered charity

3.7 Please summarise what your organisation does

CRISIS INTERVENTION

Our licensed social workers guide Meirim teens through crisis, taking care of case management, overdoses, and hospitalisations until they're ready for a long-term plan.

MENTORING & THERAPY

Meirim provides one-on-one mentorship and therapy, including psychotherapy and trauma support.

EXCURSIONS CLUBS

CAREERS TRAINING AND JOB PLACEMENTS

PHYSICAL ACTIVITIES

FUNCTIONAL SKILLS

ARTS AND DRAMA

3.8 UK correspondence address for organisation

3 The Approach

3.9 UK telephone number

07970692487

3.10 UK charity number (if applicable)

1201029

3.11 Year established

2022

3.12 Website (if applicable)

–

3.13 Social media accounts (if applicable)

–

4.1 How did you hear about The Edith M Ellis Trust?

Word of mouth