



ENERGIZE

prospectus



empowering young people to
thrive in their schools

we are energize

Acts Trust is a local, Lincoln charity founded in 2006, with a vision to see empowered people living in thriving communities. Energize is the youth work department of Acts Trust.

energize aims to:

- raise

Aspirations and self-esteem in young people in order for them to excel and reach their full potential.

- improve

Young people's lifestyle choices, health and their well-being.

- reduce

The risk of social exclusion, crime and antisocial behaviour across communities.



At Energize we want schools to thrive and succeed in the amazing role they play for young people in Lincoln- which is why we wanted to do something to help.

Your school has a significant mission to build the best foundations in the lives of young people. Quality education opens minds, unlocks doors and is key to good citizenship.

Teachers have a challenge though, as schools have been under increasing pressure to deal with the social, emotional and behavioural challenges that can prevent pupils from reaching their full potential.

Since 2006 we've been partnering with Lincoln schools by providing support to pupils in group and one to one settings.

This prospectus has been put together with you in mind and we hope to hear about how we can support your school, and help enable your pupils to reach their full potential.

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lift mentoring

Lift is our one-to-one mentoring program, and is brilliant for young people who struggle with behavioural or emotional challenges such as anger, self esteem, social skills, anxieties or a difficult home environment.

We meet face to face with a young person in school (or over Zoom) every week for an agreed period, during which we listen, talk and unpack some of the behind-the-scenes 'stuff' that a pupil could be experiencing.

We can also have involvement in TAC, existing pastoral support plans or communicating with the pupil's family.

As youth workers, we're able to connect with young people as role models, offering personalised support.

Funding for lift can often be secured through government grants available for supporting disadvantaged pupils.

If you have a pupil in mind that you think could benefit, please get in touch.

"Energize have provided fantastic support to the young people they have worked with. We have seen these young people gain in confidence and self esteem through their sessions, which have impacted positively on their behaviour and attitude towards staff. On top of that the support provided to school staff and parents/ carers has been excellent- they really care for everyone they work with."

Ms Smith, Head of Year 10, The Priory LSST



"For several years now, Lift mentoring has played an integral part in supporting some of our most vulnerable pupils or those going through difficult times. The lift mentoring team has been flexible with their approach in order to meet the specific needs of our school. Pupils accessing the programme look forward to their mentoring and the sessions have enabled them to explore their emotions and be supported in developing their self-awareness and confidence."

Mrs Pinney, SENCO, St Peter at Gowts

"I really enjoy Energize and being with my mentor."

"Energize helps me get more confident and think about what my actions are."

"I'm not getting in as much trouble."

"They make you feel welcome and you can talk to them about anything."

engage course

Engage is our own six-week group work program, taking a discussion-based approach to engaging with some of life's challenging topics.

The course is for groups of 10-15 pupils and includes interactive games-with-a-purpose, group work, individual reflections and teaching.

Pupils will explore a relevant topic each week including

- Purpose & Identity
- Teamwork & Respect
- Health & Wellbeing
- Social Media
- Healthy Relationships
- Future & Decision Making

The course follows national curriculum guidance, and we can tailor the sessions to your pupils' needs so they get the most out of the course.

Engage has received excellent feedback from pupils and teachers alike, who tell us they've enjoyed working with us every week, and that they respect themselves and others more as a result of participating.

If you have a group of pupils who could benefit from some fun, confidence-building activities and an opportunity to learn about important topics together, please get in touch to set up an Engage Course.

"Our pupils have a great time on the Engage Course! Energize make learning fun."

Ms Rainey, Inclusion Coordinator,
Lincoln Castle Academy

"Engage has been good for me because it has helped me become more confident in myself."

"It's helped me think about my life and future, thank you! Please let me do this again."

"The course helped me learn the best way to work as a team and listen to other people."

"It's boosted my self confidence."

"I enjoyed it a lot, being there always made my Fridays better!"

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school clubs

We offer a range of after school clubs such as football, multi sports or arts and crafts.

After school clubs are contexts for pupils to make new friends and try new things. We recognise delivering all extra curricular activities internally stretches staff time, which is why we are happy to help out.

Clubs are either set up as a free activity for pupils paid for by the school or funded through subscriptions.

transition days

Transitioning into secondary school, sixth form or the next key stage is a great opportunity for schools to say a huge 'welcome' to a new cohort of pupils and get off to a great start.

Energize leads personalised transition days for exactly this reason. We facilitate a range of activities with pupils and teachers to enjoy together such as inflatables, street dance, sports and team building games.

We've found this a great way to break the ice and get the year off to a good start, or finish a school year in style!

tailored activities

If there are other ways we can support your school through our youth work provision, please speak to us.

Over the last 14 years, we've led lunch clubs, classroom support, street dance, homework clubs and even in-school concerts!

We take a flexible approach and would love to hear about ways we can help outside of the activities listed in here.

peer mentoring

From 2020/21, Energize are launching an exciting, brand new peer mentoring program which will empower pupils to support each other within their schools.

This will offer basic coaching, safeguarding and listening skills training to prospective peer-mentors who will then be matched up with younger pupils in the school.

The program will complement our existing work, and enhance pastoral provisions in schools. Please get in touch to find out more.

energize.org.uk



To arrange a visit from our Energize manager or to find out more on how we can deliver in your school or community, please contact us.

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