



 **YOUNG STAR MENTORING**



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Hi Everyone

It's Tony here and I'm the proud founder and CEO of the exciting new registered charity called Young Star Mentoring which supports and mentors disadvantaged young people . It was actually my life experience which was my inspiration for creating YSM, the 12 years serving in the Royal Artillery and after that deciding to become an operational Firefighter, which I currently still serve and currently completing over 20 years on the front line. Gosh how time fly's.

But you know serving in these two wonderful fulfilling professions has instilled in me some valuable life lessons, they've helped me experience that important sense of community, taught me teamwork and a feeling of belonging with my peers, those two professions gave me an aim, a purpose and a direction for my life which many other men and women who have served in the Forces and Emergency services have experienced and enjoy.

I really felt that these life lessons could be used to help and encourage others who are going through tough times as it did for myself when I was younger, so I've taken the model of the forces and the Fire service and founded Young Star Mentoring which mentors disadvantaged young people such as ex-offenders, children in care and care leavers by giving them structure, discipline and challenging them in a effort to develop their character.

Just to let you know when a looked after or foster child reaches their 18th birthday they legally become an adult and have to leave care and have to transit to independence. Many young people feel unprepared and ill equipped for their future lives ahead. A large proportion feel isolated, lonely, some suffer PTSD from suffering abuse in their earlier years.

Studies show that care leavers have some of the poorest outcomes in society and a survey suggest in England a Wales that:

- 49% of care leavers come into contact with the criminal justice system**
- 6% of care leavers go to University**
- 22% of female care leavers become teenage mums**



Young Star Mentoring works with these care leavers ,forms them into small teams or support groups. We teach strong team ethics such as inclusion being non judgemental, taking 100% responsibility for your actions and encouraging self discipline by practicing good time keeping which demonstrates that person is respecting the team by turning up on time which are all key factors I learnt in the Military and Fire service Young Star Mentoring continually engages with the young people for a period of time ,years in some cases until they've learned enough and feel ready to practice those skills and essential building blocks which they've been taught by YSM to the wider world and be independent. Along with our Young Star instructors we take these groups of young people hiking to the UK's National parks such as Mt Snowdon in Snowdonia and Scafell pike in The Lake District.

Our main activity though is to walk the famous Camino de Santiago for 3 weeks in Spain each year ,which has a massive positive impact on the young people. By doing this we challenge the young people to learn to be part of a team, to be part of something which is bigger than themselves, they learn determination, how to be persistent and consistent to a given task.

The young people or Young stars as we like to call them, develop a deeper sense of community with the rest of their team members which in turn raises their sense of belonging, increases their mental well-being raises levels of self esteem and gets them physically fit. They soon improve social skills, build character, independence and personal resilience. Our Young Stars grow individually and connect together enjoying that feeling i spoke of earlier, of being part of a team, or comradery as we called it in the Army. Sometimes these bonds last beyond the YSM trips as they have shared experiences and feel more connected with each other.

These experiences help us a achieve our 3 Young Star core principles which are to be: **Active, Adventurous and Connected**, these 3 core principles are essential building blocks for maintaining good mental health, positive wellbeing and teach positive habits and coping mechanisms to use in their future lives.

Young Star Mentoring is an entirely voluntary organisation and uses volunteers who give up their free time to deliver the training program. Thank you for reading this and i hope you can follow us on social media and if you feel it's right support our work with our young people so we can achieve our motto 'Changing lives through adventure'

"GO YOUNG STAR"

Tony Lemboye
CEO Young Star Mentoring

