



## **Aspire Higher Plus Mentoring Programme Referral Form**

### **Thank you for taking part in Live Unlimited's Aspire Higher Plus Mentoring programme!**

Aspire Higher Plus is a 6-month mentoring programme commissioned by Live Unlimited and provided by LKM Coaching to deliver comprehensive employment support, boost confidence & self-esteem and provide work experience opportunities to Barnet's looked after children and care leavers.

The facilitating mentor who will deliver this programme is Lydia McDowall, who has been involved with coaching and mentoring for eight years. Lydia is an Accredited Practitioner Coach and experienced Mentor and was inspired to become a coach/mentor after she was given the opportunity to receive coaching herself. Lydia has supported many clients and has had the pleasure of supporting young people to navigate their choices, develop their skills and establish the right path to reach their goals.

### **Who is the programme for?**

The programme provides 1-2-1 tailored mentorship and support for care experienced young people aged 16-25 years old who are EET (in education, employment, or training) and are seeking routes into employment, wanting promotions or who are in work but looking to change roles or professions, as well as those in training or education and want to know the range of jobs available within their subject choice/field of study.

Applicants must be aged between 16 to 25 and either currently in the care, or previously have been in the care of the London Borough of Barnet.

### **How will the programme work?**

The programme will be delivered through weekly virtual & monthly face to face appointments agreed in advance between mentor and mentee. Each mentee will be required to complete a mentee agreement form which includes programme guidelines as well as mutually agreed goals.

Mentees will receive tailored support around identifying their key skills and strengths, CV writing, application & supporting letter writing, exercises for character building, interview techniques as well as how to be successful in job seeking and promotions. The mentor will help to facilitate potential paid and unpaid work opportunities in the mentee's chosen area

of interest, as well as help build their LinkedIn profile. The mentee may additionally receive guided assignments to complete as homework.

### **How long is the programme for?**

The programme will run for a total of 26-weeks.

Applicants placed on the scheme will be required to sign a pledge as well as demonstrate their ability to stay committed for the duration of the programme.

NB: Applicants will be required to engage in a minimum of one session of Live Unlimited's Care Experienced Expert Panel where they will be given the opportunity to gain skills for their CV, meet new people, and feel empowered to use their voice to make a difference and help shape our schemes.

Applicants will be also given the opportunity to become an Ambassador for Live Unlimited.

If you are a Barnet looked after child or care leaver and would like to self-refer, please complete the form, and ask a person such as your personal adviser, social worker or foster carer to fill in their details at the end.

Please complete the following questions of this referral form.

### **About the referrer/support worker**

<b>Name of referrer/support worker</b>	
<b>Department/role of referrer/support worker</b>	
<b>Referrer/support workers contact details</b>	

<b>Referrers reasons for putting the applicant forward for this programme.</b>

### **About the applicant**

<b>Name of person being referred.</b>	
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<b>DOB.</b>	
<b>Contact no.</b>	
<b>Email address.</b>	
<b>Preferred method of contact.</b>	
<b>Are you/they in education, employment or training?</b>	
<b>If yes, pls provide details of job/employer/school/college &amp; qualifications being undertaken.</b>	
<b>Do you/they have a particular career they are interested in pursuing?</b>	
<b>If undecided, which subjects do you/they enjoy most and what interests them outside education, employment or training?</b>	
<b>Can you provide the days and times of your availability.</b>	

<b>What are your goals and desired outcomes for this programme.</b>

Please Note: Our Aspire Higher Plus Mentoring Programme is an exciting opportunity for a limited number of care experienced young people to gain skills and attributes that can increase life chances and open doors to success. Because there are restricted spaces on this programme, we want to ensure that the programme is offered to those who are able and willing to be committed to engage in 2-hour sessions on a weekly basis, plus occasional homework time.

Applicants will be required to demonstrate their ability to commit to the programme by providing a schedule/timetable of their work/training patterns. In addition, applicants will be required to adhere to the terms of our mentor/mentee agreement form and any breaches of the terms may result in the applicant being removed from the programme. If you/they are able and agree to commit to 2-hour weekly sessions plus occasional homework time for 26 weeks, please complete our pledge of commitment.

### My pledge of commitment

I/my applicant understand(s) that this programme will run for 26 consecutive weeks, and I/they agree to remain committed to the programme

I/my applicant agree(s) to share their schedule/timetable with their mentor during their engagement with the programme

I/my applicant understand(s) that if I/they breach any terms of the mentee agreements I/they risk(s) being removed from the programme

Applicants name: ..... Date: .....

To help us understand your needs further, please complete the form below.

### Areas of strengths and weaknesses

In order for the mentor to provide the right type of mentorship to suit your needs, please rate your strength & weaknesses using the scale below, with 1 being the lowest and 5 being the highest. **Please tick in the boxes below the scale according to each area.**

	1	2	3	4	5
<b>CV writing</b>					
<b>Creating/managing a LinkedIn Profile</b>					
<b>Job hunting skills</b>					
<b>Interview prep</b>					
<b>How to ask for a pay rise/look for a new job with your existing employer</b>					
<b>Other, e.g. Confidence boosting please specify</b>					

### Special needs or requirements

Live Unlimited is dedicated to providing a safe and supportive environment for young people to thrive in reaching their full potential. For the mentor to be able to provide appropriate support, please answer the following questions.

I/my applicant would like my/their support worker to attend a meet and greet icebreaker session with the mentor and the programme coordinator before the programme starts

**Do you have any impairments that we need to know about, for example, a learning or physical disability?**

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**Do you have any triggers that the mentor needs to be aware of?**

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**What are some of your known coping mechanisms?**

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### Contacting the young person

Applicants will be referred onto our Care Experienced Expert Panel to give feedback.

I/my applicant agrees to engage in one session of Live Unlimited's Care Experienced Expert Panel

We may need to contact applicants occasionally to find out additional information. Please tick the box below to show you/they are happy with this.

**I/my applicant is happy to be contacted by Live Unlimited direct:**

**Yes**  **No**

**I/my applicant would prefer to be contacted via a support worker:**

**Yes**  **No**

We'd also like to contact applicants to highlight future opportunities we think may be relevant for them. Please tick the box below to show you/they are happy for Live Unlimited to contact them about future schemes?

**Yes**

**No**

Applicants will be given the opportunity to become an Ambassador for Live Unlimited.

**I/my applicant would like to find out more about how I can become an Ambassador for Live Unlimited**

### **Photo consent:**

We may take photographs of our face-to-face or virtual events to help promote the scheme. Please can you confirm whether you/they give consent for photographs to be taken? Consent lasts for three years and can be withdrawn at any time. Please refer to our [Photo Consent policy](#) for further information.

**I/my applicant give(s) consent for my/their photos to be used on Live Unlimited's website, social media and promotional materials**

**I/my applicant give(s) consent for my/their photos to be used with their face obscured**

**I/my applicant does not give consent for my/their photos to be used**

### **What will we do with this form?**

To provide 1-2-1 mentorship support or a follow up conversation with an industry professional we may need to forward this referral form on to them.

**PLEASE NOTE:** The mentor and industry professionals will be made aware that applicants have been nominated by Family Services or Onwards and Upwards and currently are or previously have been under the care of London of Borough of Barnet. The only personal information passed on to the adviser/professional will be that contained in this referral form.

Any information provided on this form will be stored securely and retained only as long as it is needed in accordance with Live Unlimited's data protection policy. You may request to withdraw your consent to us having this data at any time.

Once you have completed all the questions, please download the form, and email it to [michelle.gyamfi@liveunlimited.org.uk](mailto:michelle.gyamfi@liveunlimited.org.uk)