



HILLINGDON

LONDON

AIMS Objectives and Referral Criteria

The AIMS mentoring support programme is an early help service that delivers a range of mentoring-based personal development activities for children and young people aged between 11 and 19 (up to 25 with SEN), including those who require additional support to overcome challenges to their personal, academic, and social progression.

The programme's service delivery objectives are to:

1. Provide referred children and young people meeting the programme criteria with a weekly meeting with a trained adult mentor over a time frame based on their identified needs, 12 weeks is our standard offer, but this can be amended based on assessment of need;
2. Support children and young people to address challenges to their personal, academic, and social progression by co-creating a personal action plan of activities;
3. Engage children and young people in targeted activities to address key life and social issues, including supporting physical and emotional health & wellbeing, supporting engagement with employment, education or training, building confidence and self-esteem, addressing challenging behavior and encouraging positive behaviors, supporting the development of independent living skills;
4. Provide children and young people with information about, and support their engagement with, positive activities in their local community; and,
5. Provide children and young people with opportunities to meet with other young people and develop key social skills through participation in weekly drop-in sessions.

All mentoring relationships are unique, and a mentor can provide support in several ways by:

- Acting as a **sounding board**; to test their ideas and suggestions, help them to express their fears and concerns, be there to listen without judgement
- Being a **facilitator**; to be able to signpost to potential opportunities, arrange introductions, support to attend activities or groups. To facilitate goal setting/action planning activities to encourage, support and inspire by talking about their future, their ambitions, their aspirations and the steps that will help them get there.
- Acting as an **advisor**; to provide objective advice on a range of issues and signpost to appropriate sources of information and support
- Being a positive **role model**; to promote and encourage positive behaviours

- Providing a **source of feedback**; to provide constructive feedback and challenge assumptions, to encourage alternative thinking
- Acting as a **motivator**; to encourage the achievement of goals and boost morale, celebrate individual strengths and empower them to fulfil their potential

AIMS Mentoring Criteria for referrals

Referral agencies are asked to note the AIMS access criteria before submitting access requests.

Children and young people must:

- Live, work, study, or be in local authority care, in the London Borough of Hillingdon
- Be in the stated age-range or school year required to access the programme; aged between 11 and 19 years (up to 25 with SEN)
- Be able and willing to participate meaningfully in discussion-based and group work activities
- Be willing and able to commit to the full duration of the programme
- Have given consent for their personal information and support/development needs to be shared with the Adolescent Development Service

Parents/Guardians must:

- Consent for their child/young person's personal information to be shared with, and recorded by, the Adolescent Development Service, if under 18 years of age
- Agree that the Adolescent Development Service may report anonymised data about their child's personal development and support needs to Hillingdon Council and other relevant agencies

Referrers must note:

- The expectation is joint co-management of any issues of concern that present during the child's participation in the programme.
- Children and young people with mild to moderate SEN support needs can be supported to engage where they have the ability to participate.
- The goal of mentoring is to help someone reach their full potential by providing objective advice, feedback, and encouragement. It is important to note that a mentor is not a teacher or counsellor, but rather a trusted advisor.
- The AIMS programme is not a therapeutic intervention however we can signpost to appropriate mental health support services.