

# WIRED

COMMUNITY SERVICES

2022

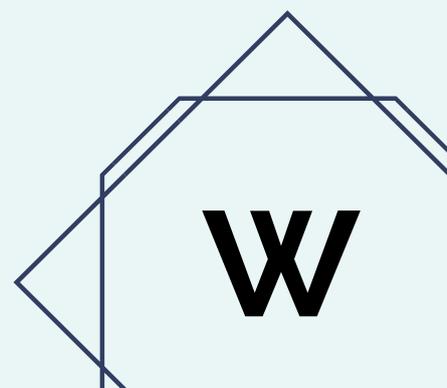
V 2.0

## THE FUSE PROJECT

INFORMATION PACK

[WWW.PROJECTWIRED.CO.UK](http://WWW.PROJECTWIRED.CO.UK)

[HELLO@PROJECTWIRED.CO.UK](mailto:HELLO@PROJECTWIRED.CO.UK)



# Hello.

Thank you for your interest and getting in touch about The Fuse Project.

The aim of this pack is to provide information about The Fuse Project to professionals, parents/carers and young people.

Hopefully you'll find all the information you need in this pack. If not, or you fancy talking about the project or other WIRED services, please get in touch. The Fuse Project is active Tuesdays, Wednesdays and Saturdays.

You can contact me via email or request a call back via [Hello@ProjectWired.co.uk](mailto>Hello@ProjectWired.co.uk) and I'll get back to you as soon as possible.

Thanks,



Liz Edge

- The Fuse Project Manager
- WIRED Managing Director

## 1. What is The Fuse Project?

The Fuse Project aims to support young people's wellbeing and mental health by building a mentoring relationship and learning new skills through the five steps to wellbeing framework. The project is active Tuesdays, Wednesdays and Saturdays.

### **Bournemouth, Christchurch and Poole Area**

Mentees are aged between 11 - 18 years old who live in Bournemouth, Christchurch or Poole. They meet with their mentor in the community once a week for six consecutive weeks.

### **Dorset Council Area**

Mentees are aged between 11 - 18 years old who live in the Dorset Council area can access the online version of the project. This achieves the same aims but swaps in-person Meet Ups for a virtual mentoring experience.

The Fuse Project is WIRED's community response to the coronavirus pandemic - equipping young people to be resilient, learn new skills and have a positive impact on their wellbeing and mental health.

## 2. Who would benefit from The Fuse Project?

Young people who would benefit from The Fuse Project must be able to say 'yes' to all of the following checklist:

- They must be aged between 11 - 18 years (year 7 and above) and live in Bournemouth, Christchurch or Poole OR wider Dorset
- They want to take part in The Fuse Project
- They can build relationships mainly through conversation
- They want to improve their wellbeing and mental health
- They agree to meet with their mentor for six sessions

If a young person has any additional needs, disabilities and/or moderate to severe mental health difficulties, please get in touch before submitting a referral. This doesn't mean we'll say no, but a conversation and needs assessment prior to sign up is required.

### 3. What is involved in the weekly Meet Ups?

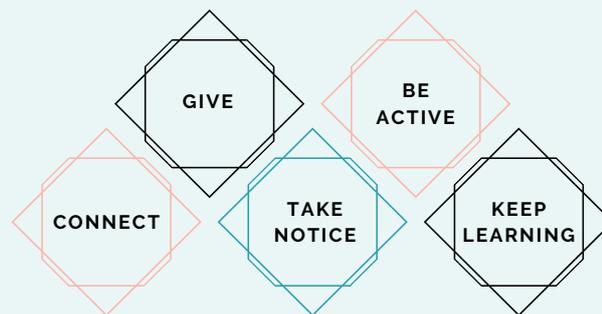
The young person meets with their mentor in a community space, or online, once a week for six weeks outside of school hours. This could be a coffee shop, at the beach or in the park.

Meet Ups are approximately one hour in length and the dates/times are agreed at the start. They'll be refreshments for in-person Meet Ups, a discussion and an activity related to the theme of the week.

If you wish, a parent/carer can be present at the very start of the first Meet Up to meet the mentor and go through the first activity. After this, all Meet Ups are designed to be for the mentor and mentee only.

### 4. What do the Meet Ups look like in practice?

Each Meet Up is based on the five ways to wellbeing:



For example, on the Meet Up of 'Be Active' the young person and mentor may play frisbee, attend a yoga class, go to the skate park, have a bike ride or take a walk round the park or beach. During the digital version, they may follow a fitness class on Youtube.

We recognise that the British weather is not always our friend, nor is Covid-19. This may mean we'll swap a face-to-face session to a virtual session using the digital platform of Google Meet.

### 5. Will you provide transport for the young person to attend in person Meet Ups?

No. It is the responsibility to the parent/carer or young person to make their own to and from the designated Meet Up spot each week. These public spaces are intentionally selected to be easily located and accessible. The locations will be agreed at the start of the project.

## 6. Who are the mentors?

All mentors are volunteers from the community who are supported by The Fuse Project manager. The mentors undergo a recruitment process which includes a Disclosure and Barring Service (DBS) check. Every mentor completes an induction and training process before starting the project.

Understanding expectations is really important. Here are some of the aspects young people can expect from their mentor:

- Be friendly and approachable
- Be a good listener
- Be on time and prepared for the Meet Ups
- Guide you through the content of the Meet Ups
- Give you space to reflect and learn
- Have a sense of humour

The role of a mentor at The Fuse Project is to:

- Walk alongside the mentee exploring the five ways to wellbeing
- Listen to the mentee and value their opinions and beliefs
- Offer a non-judgmental and safe attitude to everyone involved

## 7. Will it be the same mentor each week?

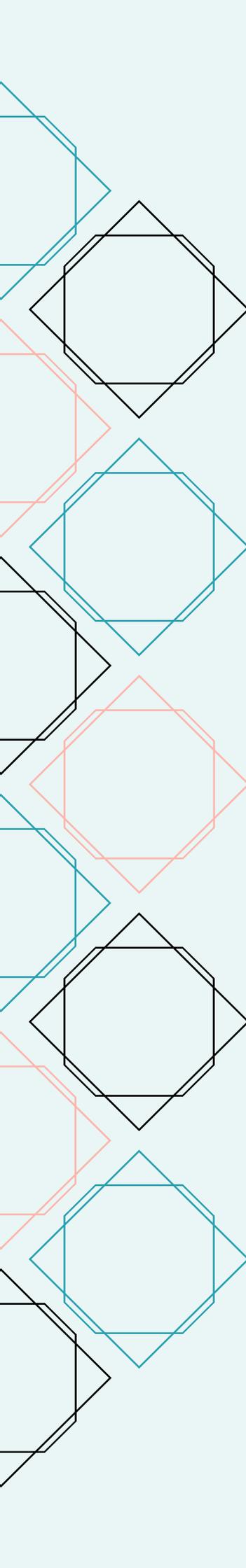
Yes. Once the mentor and mentee are matched, the same mentor meets with the mentee either in-person or online for the duration of the project.

## 8. How will the young person identify the mentor?

For in person Meet Ups, the mentor will be in the prearranged location and will be wearing a lanyard. During the referral process, the referrer will be sent a mentor profile to help you get to know who they are and what they look like. For virtual Meet Ups, the same applies with the mentor being logged in online.

## 9. Can I have the mentor's contact details?

No. The Project Manager is the gatekeeper for all communication linked with The Fuse Project. This way we can keep our communication channels as clear as possible and respect the time of our voluntary mentors. If you need to contact the mentor this can be done through the Project Manager.



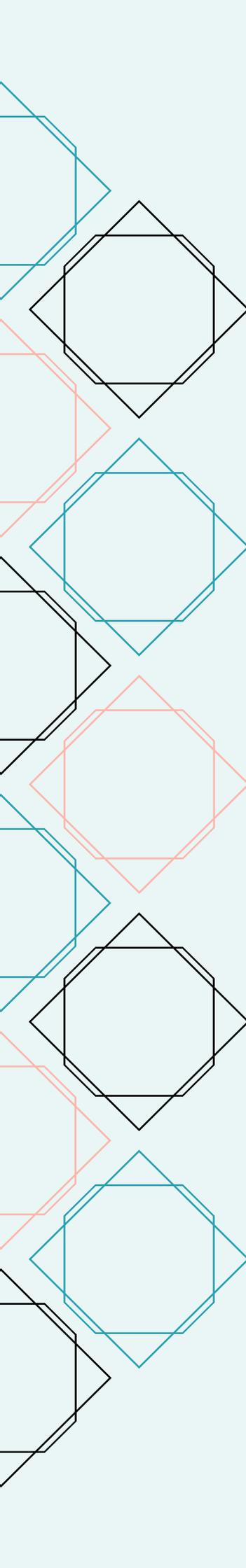
## 10. How does the process work?

1. Know a young person who would benefit from building a mentoring relationship and learning new skills through the five steps to wellbeing framework? Read this information pack and double check the eligibility criteria.
2. If after you've read the Information Pack with a young person you think 'Yes, this project would suit my young person!' then get in touch for a sign-up referral form via [Hello@ProjectWired.co.uk](mailto:Hello@ProjectWired.co.uk).
3. Complete and return the sign up referral form.
4. The project manager shall be in touch to discuss any further questions. If all goes to plan, the young person and mentor shall be matched.
5. The mentor, young person and referrer meet in an agreed community space or online to start the project - hoorah!
6. The mentor and mentee meet for the following five consecutive weeks to explore the project content and learn new skills.
7. At the end of the six weeks, everyone involved completes an evaluation process and the mentee receives an end of project pack. Young people leave the project with new skills to support their wellbeing.

## 11. Is there a financial cost?

No. The Fuse Project has been funded by The National Lottery Community Fund. This means there is no financial cost to take part.

As the project is funded, we have limited capacity and operate a first come first serve process and if required, a waiting list will be used.



## **12. Confidentiality and Safeguarding**

WIRED is committed to safeguarding children, young people and adults with additional and support needs. Get in touch via [Hello@ProjectWired.co.uk](mailto:Hello@ProjectWired.co.uk) if you wish to receive a copy of our policies and procedures.

WIRED values confidentiality and what is said between the mentor and young person shall remain confidential unless there are safeguarding/child protection concerns.

If the session is agreed to take place online, the mentor and young person are required to wear headphones and be in a suitable private space where they can't be disturbed.

## **13. Covid-19 pandemic**

WIRED is committed to keeping everyone safe. We're doing this by following government guidelines and being robust in our practice.

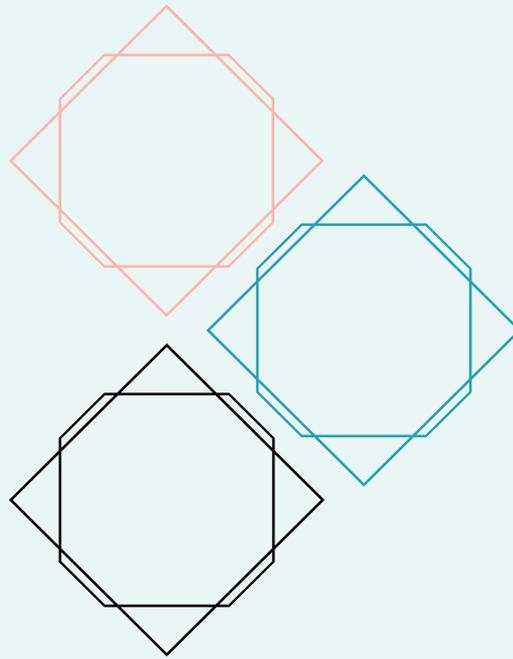
We recognise the need for flexibility from everyone during these extremely difficult times and aim for our work to be as covid-secure as possible. This means sessions may move online with short notice, a change in PEE may be needed and/or other requirements as set out by government guidelines.

We'll keep you up to date with any changes which need to be made.

## **14. Wait, what is WIRED?**

WIRED is a youth service providing intervention, education and training in supporting young people's mental health and wellbeing in BCP and wider Dorset.

WIRED launched in 2018 as a response to the growing need for young people to easily access early intervention. Our work is engaging, practical and innovative, blending youth work practice with therapeutic counselling skills.



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The National Lottery Community Fund.

