

## Thurrock Council Inspire Youth Team

Referral is via [inspireyouthteam@thurrock.gov.uk](mailto:inspireyouthteam@thurrock.gov.uk)

**Inspire - Connect 1-2-1** comprises of one-to-one weekly meetings lasting for 45mins to 1 hour, delivered in school, community or at Brennan Road community space. The objective is to provide a listening ear to the young person and give them the opportunity and space, to discuss their concerns and anxieties, whilst empowering them to build the confidence to make informed decisions. There is normally an initial meeting with the potential mentee and their family, to explain the purpose, process and benefits of the mentoring programme. It's also to determine if the young person actually wants to be supported by a mentor.

**Inspire - Creative Arts Club** is aimed at encouraging young people to explore and develop their creative and artistic skills, through various artistic mediums, which includes – arts and crafts, film making, lyric writing/ music composition and canvass painting