

# GHM News



GreenHouse  
Mentoring

Spring 2018

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Spring is on the way, or should be! Signs are not good yet though as snow is still forecast! I hope you have all weathered the winter so far and are over all the winter viruses and ready to spring into GHM action! If you know someone who might make a good mentor then do tell them about GHM (we are training again soon).

*Sue*

If you would prefer not to receive the GHM News in future please contact us on 01582 528213 or email [ghm@stopsley.net](mailto:ghm@stopsley.net)

# Staff News

## Management changes:

From 1st April (really - it's not an April Fool Joke) Sue and Ian will both be the GHM Manager as the role will officially become a job share.

This is for health reasons and will not make a great deal of practical difference most of the time. Feel free to come to talk to either of us if you have any concerns or issues.

## More mentors needed:


The Introduction to Mentoring course is running again soon so the group interviews are being held in April (on 05, 06, 07, 19, 20 & 21—see your calendar for times ... and ask for one from a member of staff when you are next in the GreenHouse if you have not yet picked up your 2018 calendar). Tell any of your friends or acquaintances who might make good mentors about us in time for them to attend a group interview. If any show an interest give them our telephone 01582 528213 or email [ghm@stosley.net](mailto:ghm@stosley.net) and get them to contact us!

Remember that we always have at least as many potential mentees waiting for help as we have mentees!

# Further Training

Following the success of the 'Gangs & Young People' training we are bringing another training session in April. This one is on ADHD, which will be extremely helpful to many mentors as many of our mentees suffer from this. Places are limited and going fast!!

**Further Training**  
**ADHD Awareness**

GreenHouse Mentoring 

ADHD what it is and what it isn't  
– the scientific research  
Frequently co-occurring conditions  
ADHD and Mental Health  
Strategies for managing ADHD

**ADHD**  
**FOUNDATION**  
Mental Health, Education and Training Services

Further Training for all ...  
Thursday 26th April – 18:30–20:30  
Saturday 28th April – 10:30 am to 12:30  
@ the GreenHouse, 16-22 St Thomas's  
Road, Luton LU2 7UY

Delivered by:  
Dr Tony Lloyd, ADHD Foundation

Call the office on 01582 528213, sign up on  
Facebook or email [ghm@stopsley.net](mailto:ghm@stopsley.net) to book  
your place

# Funding Update

## A New Year ...

We start 2018 in good shape. We have secured £44,000 for this year out of a budget of £52,000, which is the best position we have been in for a number of years.

Our strategy remains constant:

1. To maintain the size of GHM largely as at present, with a budget of approximately £52-55,000 per annum.
2. To build a broader base of sustainable funding from supporters, volunteers and trusts via initiatives such as:
  - Easy Fund Raising,
  - Cup of Coffee Scheme.
3. To provide a small number of effective fund-raising events each year;
4. To build Mentoring Aid by connecting locally with businesses, schools, charities, churches and be a positive influence in the local community;
5. To apply to Trusts that are keen to support our work, preferably on a 2 or 3-year basis.

We are really pleased to have been chosen by BBC Children in Need for the next 3 years.



© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

We have also been re-selected by the Co-op as one of their Local Community Fund partners—so please do join their membership scheme if you shop with them—it makes sense as it only costs £1 and you get money off vouchers that immediately pay that back and more! Also, every purchase of a Co-op branded item you get 5% back and—if you nominate us as your local partner, we get 1% back. Please tell your friends and family and ask them if they can sign up for us.



See - <https://www.coop.co.uk/membership>

Lastly, we want to build up regular small giving so that GHM becomes really sustainable, so if you are reviewing which charities you are giving to, **please consider us**—the Cup of Coffee scheme is explained on our web site—<http://greenhousementoring.org.uk/fund-raising/spare-a-cup-of-coffee/> or give us a call on 01582 528213 or email [ghm@stopsley.net](mailto:ghm@stopsley.net)



*Thanks*

**Please note:** The GreenHouse is **NOT** open over Easter from **Fri 30/03/2018 to Mon 02/04/2018**



**CONGRATULATIONS**



To the following volunteers:

on starting a NEW mentoring relationship:

<b>Steve</b>	<b>Sarah</b>
<b>Tooba</b>	<b>Malcolm</b>
<b>David G</b>	<b>Robert C</b>
<b>Charlene</b>	<b>Amal</b>
<b>Sidhra</b>	<b>Lyn</b>
<b>Eelika</b>	<b>Gordon</b>



To all those involved in the great work in group mentoring:

**Grant, Rose, Kayleigh, Karen, Laurence, Martha, Olivia, Rahena, Sarah, Jean and Anita**

Date	Events—April	Start	End
Wed 04 Apr 2018	Group Mentoring - Ace Kids	18:00	19:30
Thu 05 Apr 2018	Group Initial Interviews	18:30	20:45
Fri 06 Apr 2018	Group Initial Interviews	10:30	12:45
Sat 07 Apr 2018	Group Initial Interviews	10:30	12:45
Wed 11 Apr 2018	Group Mentoring - Ace Plus	18:00	19:30
Wed 18 Apr 2018	Group Mentoring - The Base	18:30	20:30
Thu 19 Apr 2018	Group Initial Interviews	18:30	20:45
Thu 19 Apr 2018	SKILLS 7 - Self-Esteem	18:15	19:45
Fri 20 Apr 2018	Group Initial Interviews	10:30	12:45
Fri 20 Apr 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 21 Apr 2018	Group Initial Interviews	10:30	12:45
Sat 21 Apr 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Thu 26 Apr 2018	SKILLS 7 - Self-Esteem	18:15	19:45
Thu 26 Apr 2018	ADHD Awareness	18:30	20:45
Fri 27 Apr 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 28 Apr 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Sat 28 Apr 2018	ADHD Awareness	10:30	12:45

Date	Events—May	Start	End
Wed 02 May 2018	Group Mentoring - Ace Kids	18:00	19:30
Thu 03 May 2018	GHM1 Induction	18:30	20:45
Thu 03 May 2018	SKILLS 7 - Self-Esteem	18:15	19:45
Fri 04 May 2018	GHM1 Induction	10:30	12:45
Fri 04 May 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 05 May 2018	GHM1 Induction	10:30	12:45
Sat 05 May 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Wed 09 May 2018	Group Mentoring - Ace Plus	18:00	19:30
Thu 10 May 2018	GHM2 Rapport	18:30	20:45
Thu 10 May 2018	SKILLS 7 - Self-Esteem	18:15	19:45
Fri 11 May 2018	GHM2 Rapport	10:30	12:45
Fri 11 May 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 12 May 2018	GHM2 Rapport	10:30	12:45
Sat 12 May 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Wed 16 May 2018	Group Mentoring - The Base	18:30	20:30
Thu 17 May 2018	GHM3 Working Together	18:30	20:45
Thu 17 May 2018	SKILLS 7 - Self-Esteem	18:15	19:45

Date	Events - May	Start	End
Fri 18 May 2018	GHM3 Working Together	10:30	12:45
Fri 18 May 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 19 May 2018	GHM3 Working Together	10:30	12:45
Sat 19 May 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Thu 24 May 2018	GHM4 Goals & Ending	18:30	20:45
Thu 24 May 2018	SKILLS 7 - Self-Esteem	18:15	19:45
Fri 25 May 2018	GHM4 Goals & Ending	10:30	12:45
Fri 25 May 2018	SKILLS 8 - Self-Esteem	17:00	18:15
Sat 26 May 2018	GHM4 Goals & Ending	10:30	12:45
Sat 26 May 2018	SKILLS 9 - Dealing with Anger	11:00	12:30
Thu 31 May 2018	GHM5 Practical Mentoring	18:30	20:45

Date	Events - June	Start	End
Fri 01 Jun 2018	GHM5 Practical Mentoring	10:30	12:45
Sat 02 Jun 2018	GHM5 Practical Mentoring	10:30	12:45
Wed 06 Jun 2018	Group Mentoring - Ace Kids	18:00	19:30
Thu 07 Jun 2018	GHM6 'S2G' (Child Protection)	18:30	20:45
Thu 07 Jun 2018	SKILLS 10 - Dealing with Anger	18:15	19:45
Fri 08 Jun 2018	GHM6 'S2G' (Child Protection)	10:30	12:45
Fri 08 Jun 2018	SKILLS 11 - Dealing with Anger	17:00	18:15
Sat 09 Jun 2018	GHM6 'S2G' (Child Protection)	10:30	12:45
Sat 09 Jun 2018	SKILLS 12 - Self Esteem	11:00	12:30
Wed 13 Jun 2018	Group Mentoring - Ace Plus	18:00	19:30

\*Note the training sessions normally run on Thursdays, Fridays and Saturdays—you only need attend **once**. See website or calendar for further dates

### **Donations & Fund Raising**

GreenHouse Mentoring is financed by its supporters, volunteers and a few main sponsors, such as The Wixamtree Trust, Luton East Area Board, Children In Need, the Henry Smith Charity, the Bedfordshire and Luton Community Foundation's London Luton Airport Ltd fund, the CO-OP and Stopsley Baptist Church.

If you would like to help us help young people in Luton, then please look up our website page - <http://greenhousementoring.org.uk/fund-raising/> which explains how you can help, even if you have nothing to spare at the moment.

