

Quo VADIS

▶ LOOK TO THE FUTURE WITH CONFIDENCE & HOPE ▶

WHAT WE ARE OFFERING

In this current climate and time of crisis, there is an urgent need to empower young people with confidence and hope for their futures. Lockdown has left them with questions about their faith and anxiety about the future. In response to this the Kenelm Youth Trust is offering 'Quo Vadis' a Catholic mental health resource. This programme asks the question: 'Where are you going?' with the aim of supporting young people with the tough questions surrounding their faith. Supporting them with mental health and well-being, to empower them to make choices and enable them to reflect and 'gather' as a Catholic community through shared experience, even during a time of social distancing. Alongside this Catholic mental health resource to support young people, we are offering training and a mentoring resource for staff in schools, as school life establishes its 'new normal'.

TRAINING & SUPPORTING STAFF

We are offering support for schools with training on several different levels either remotely or in person:

- Training on the programme to equip staff to lead the sessions. Staff will be supported and equipped to answer the tough questions that their students pose, from a Catholic perspective.
- Facilitating Mental Health First Aid Training and Mental Health Awareness with a particular focus on the needs of young people.
- Mentoring Training for staff and peer mentors

12 SESSION CLASSROOM RESOURCE

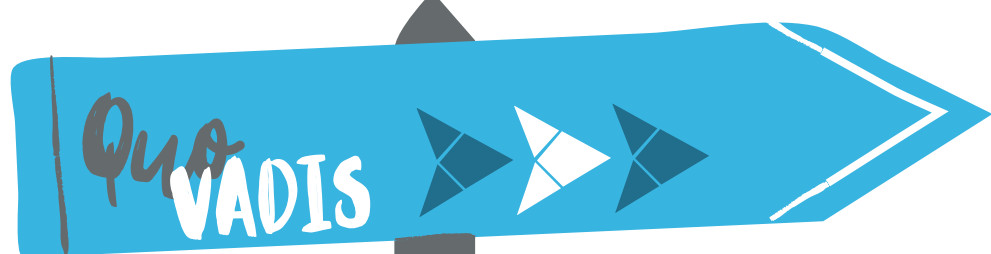
The aim of Quo Vadis is to engage young people with the question of where they are going and accompany them on the journey. On the road to Emmaus Jesus walked alongside the disciples who were anxious and directionless after life had taken an unexpected turn. In a similar way, lockdown has left many young people on the road away from their faith and on a road of anxiety and worry about the future. Quo Vadis will support young people in asking, and answering the big questions they have, enabling them to see the real treasures that our Catholic faith offers for the whole person. Across 12 sessions and through an accompanying journal this new programme will support mental health and well-being, encouraging everyone to see the goodness in their daily lives and the hope that trust in God will bring for their futures.

MENTORING TRAINING & PEER MENTORING

The vision for these sessions is that they will equip students to mentor younger students with support and additional training. Therefore extending the reach of the sessions and enabling young people to respond to their experiences in a positive way. Through the sessions and journal young people will be able to articulate their recent experiences and process their own thoughts and feelings connected to lockdown. Peer mentorship has the potential to enhance both the scope and experience of the sessions. Schools could utilise this element of the programme in a variety of ways; older students mentoring a younger year group or an at risk group, delivering the session, supporting teachers in delivery of the session, meeting in one-one's or in small groups. The mentoring programme is designed to be flexible and scale up or down to meet the specific needs of your school community.

OUTREACH

To support the delivery of the programme we are able to bring our team of very experienced staff and volunteer peer ministry team to work in school with your students. We offer a range of very competitive packages to enrich Quo Vadis depending on the individual needs of each school. We can work virtually as well as in person. Addressing, in depth, the themes that have arisen for young people in the format of a retreat or mission day.



WHERE

are you

GOING?

KYT

● TO REGISTER YOUR INTEREST EMAIL: BECCY.ROSEMAN@KENELMYOUTHTRUST.ORG.UK

WWW.KENELMYOUTHTRUST.ORG.UK

● REGISTERED CHARITY NUMBER: 1144209