

September 16th 2020

Dear Colleague,

I hope that this letter finds you well in this strange time, and that plans for our new normal are going smoothly in your community. I am writing with more information about our exciting and timely new resource "Quo Vadis". Our hope that this new Catholic Mental Health resource and mentoring programme would form a central role in the healing and processing of lockdown and Covid-19 for our young people. Knowing that our Catholic faith is the beating heart of our school communities we are delighted to offer a vision and resource for how to move forward in our shared 'new normal'.

Written and designed alongside experts in the field, this resource aims to help young people articulate and process the last few months, to help them acknowledge any anxiety and isolation they felt and to support them as they look forward to the future with a confidence and hope rooted in our Catholic Faith.

As you may have seen we have already started to provide training for your staff in Mental Health Awareness. This will really help in the delivery of the course and ensure our preparedness as our young people return to the educational environment. We will continue to offer these courses and we will also offer the full Mental Health First Aid Course in early September. This will be at a cost of £325. Please do get in touch to register your interest.

The Quo Vadis course, a Catholic mental health resource will also be available from the beginning of September. Included in the package will be:

- A 12 session course designed for each session to be run in one 50 minute lesson per week. The course will be packed full of useful tools and strategies, scripture, video clips, case studies on heroes of the faith as well as reflective prayers and exercises.
- A starter set of journals to accompany the course (more are available if required at an additional cost).
- A set of 2 assemblies for KS3 and 2 for KS4 & KS5 that will explore the issues surrounding Lockdown and Covid-19.
- An outline and PPT for a Votive Mass to pray for those affected during these days.
- Full training for Lay Chaplains and Key Staff to support the delivery of the 12 sessions
- Ongoing support of key staff as the program is delivered
- A mentoring program to help raise up adult and peer mentors. The mentoring scheme sits alongside the Mental Health course and aims to provide one-to-one support for young



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people and will train up and encourage older students to support and mentor younger students.

- Two training sessions for Chaplains and key staff in mentoring peer mentors to equip them to accompany students.

Archbishop Bernard says about Quo Vadis, “This is a timely resource that accompanies our young people and shares the richness of our Catholic tradition as they begin the process of healing from an unprecedented time in our history.”

The cost for this course, all the resources and training as detailed overleaf will be scaled dependant on the size of your school:

Up to 600 students - £495

Up to 800 students - £595

Over 800 students - £695

All packages include a starter set of 35 journals. Additional journals available at £1.75 per journal

In addition to the package detailed above we are also offering the following: :

**Outreach days.** We are offering a special price of £1200 for up to three Outreach days. The days will be led by seasoned KYT staff and supported by our young volunteer team to help facilitate the course or to run retreat days at the beginning, middle or end of the course to help with the support and wellbeing of your students. This will be done in line with all guidelines and can even take place outside your school building in Covid- secure portable spaces that we can provide.

**Peer mentoring Training:** Delivered face-to-face or virtually with up to 30 students at a time. This training is designed to equip a group of older students to give them the skills and resources to be able to accompany younger students through peer mentoring. This offering available to schools for £395.

To talk about your school’s needs, to purchase the resources or to make an outreach booking please contact [beccy.roseman@kenelmyouthtrust.org.uk](mailto:beccy.roseman@kenelmyouthtrust.org.uk)

Blessings,

Beccy Roseman

Lay Chaplain Coordinator