

DERBY  
COUNTY  
COMMUNITY  
TRUST

---

# STUDENT MENTORING & PERSONAL DEVELOPMENT

---

## SECONDARY SCHOOL INCLUSION PACKAGE

**WORKING TOGETHER  
TO BUILD BELONGING,  
RESILIENCE AND  
POSITIVE CHOICES.**



# INTRODUCTION

**WOULD SOME OF YOUR YOUNG PEOPLE BENEFIT FROM ENGAGING IN A TARGETED SUPPORT PROGRAMME THAT WILL:**

- **INCREASE THEIR SENSE OF BELONGING**
  - **SUPPORT POSITIVE MENTAL HEALTH AND WELLBEING**
  - **IMPROVE ATTENDANCE AND ENGAGEMENT IN SCHOOL**
  - **PROVIDE AN ACCREDITED QUALIFICATION**
  - **BUILD RESILIENCE AND COPING STRATEGIES**
  - **EQUIP THEM TO MAKE SAFE, INFORMED CHOICES**
  - **RAISE ASPIRATIONS AND FUTURE GOALS**
- 

## WORKING TOGETHER

Derby County Community Trust offers a flexible, build-your-own support package designed to meet the unique needs of each school and young person.

A dedicated practitioner is based on-site one day per week throughout the school year, becoming a consistent, trusted presence for staff and students.

Using highly trained mentors with a breadth of expertise in inclusion, we deliver bespoke and flexible programmes that engage and inspire young people, supporting belonging, resilience and positive choices.

We work in close partnership with school staff to track each young person's progress. This includes providing regular ongoing feedback alongside a termly report to review outcomes and inform next steps.

We are excited to share this offer with you and would welcome a conversation to discuss how we can build a tailored package to meet the needs of your students.

## MEET THE TEAM

Our small team brings together extensive experience in youth engagement, mentoring, therapeutic support and sport delivery, ensuring a safe and inclusive environment for all participants.

---

### INCLUSION QUALIFICATIONS AND EXPERTISE:

---

- LEGO® Therapy Practitioner
  - Play Therapy Practitioner
  - Drawing and Talking Practitioner
  - Trauma-Informed Practice
  - Effective Mentoring Level 2
  - Bags of Character Facilitator
  - Knife Crime Awareness Practitioner
  - Anti bullying Awareness Practitioner
  - Practitioners experienced in therapeutic and trauma-informed approaches
  - Reducing Misogynistic Behaviour Through Targeted Training
  - Neurodiversity
- 

### ADDITIONAL QUALIFICATIONS AND EXPERTISE:

---

- Youth Work Level 2
- Youth Mental Health First Aid (MHFA)
- Creating Safe Spaces training
- FA Safeguarding certification
- FA Emergency First Aid
- Premier League Changemaker Tutor
- England Football EE playmaker Tutor
- Sports Leaders Tutor
- UEFA B Licence coaching qualification
- UEFA C Licence coaching qualification

# BUILD YOUR OWN PACKAGE

YOU CAN CHOOSE A COMBINATION OF PROGRAMMES TO MIX AND MATCH YOUR OWN BESPOKE PACKAGE OF SUPPORT.

## OUR OFFER IS BUILT AROUND THREE KEY THEMES



Each theme includes a selection of programmes that can be combined to create a bespoke package for your school.

---

## WHO CAN WE SUPPORT?

We can work with students throughout the day, term, or academic year, providing support on an individual or small group basis. Group sizes are flexible to meet the needs of each school and student. We can work consistently with the same group over time, or provide support through rotating groups or individual students, depending on what works best.

### → FLEXIBLE DELIVERY

Sessions scheduled to fit your timetable.

### → TAILORED SUPPORT

Designed around the needs of your students.

### → INDIVIDUAL & SMALL GROUPS

Focused, personalised interventions

### → SUPPORT WHEN NEEDED

Adaptable throughout the school year

We can also deliver assemblies and workshops for whole year groups on specific inclusion and wellbeing topics.

## Theme 1

# Personal Development & Mentoring

Building confidence, leadership and life skills while inspiring young people to become positive role models.

This theme is delivered through the Premier League Inspires programme. Premier League Inspires is a personal development programme, funded by the Premier League through the Premier League Foundation.

The programme uses the power of football to inspire young people aged 11-to-18 to develop the personal skills and positive attitudes needed to succeed in life.

Programmes schools can access:

## Employability Skills

Sessions designed to help young people explore career aspirations and develop the core skills needed for their next steps into further education, employment or training.

- Career goal setting.
- Interview skills and preparation.
- CV writing and job application support.

### Curriculum Outline

- 6 -week programme (1 hour per week up to 12 students).

## Mentoring (1:1 and small group)

Targeted mentoring that supports young people to develop confidence, resilience and essential life skills through personalised guidance and positive role modelling.

- One-to-one and small group mentoring.
- Personalised guidance and support.
- Confidence and life-skills development (communication, teamwork, problem-solving).
- Goal setting and reflection.

### Curriculum Outline

- Minimum 12-week programme (1 hour per week, 1:1 or small groups up to 6 students).



Premier League

Inspires

# Leadership & Qualifications

---

Leadership sessions that help young people develop key transferable skills including communication, teamwork, problem-solving and decision-making, while gaining recognised qualifications.

- Leadership training and practical group activities.
- Development of communication, teamwork and decision-making skills.
- Opportunities to practice leadership through projects and challenges.
- Confidence-building and mentoring support.
- Access to accredited qualifications.

## Qualifications available

- England Football EE Playmaker Course
- Premier League Changemakers Course
- King's Trust Achieve Qualification
- Skills Builder Partnership UK
- Leadership Skills Foundation Qualifications

## Curriculum Outline

- 8-week programme (1 hour per week up to 12 students).

# Social Action

---

Opportunities for young people to work together to address issues in their school or community, developing leadership, teamwork and a sense of social responsibility.

- Community-based projects and volunteering opportunities.
- Activities that help students identify and address social issues.
- Planning and leading projects within school or the community.
- Teamwork and collaboration with peers and community groups.

## Curriculum Outline

- 6-week programme (1 hour per week up to 12 students).

# WELLBEING & RESILIENCE

Supporting young people to understand and manage their emotions, build mental wellbeing, and develop coping and life skills.

Programmes schools can access:

---

## PHYSICAL ACTIVITY &

## OUTDOOR LEARNING

Our sport and outdoor learning programmes offer a structured and engaging approach to supporting young people's wellbeing through physical activity. Sessions combine football, multi sport activities, team challenges and Bags of Character activities to help build confidence, resilience and positive relationships.

The programme supports the development of key life skills, including teamwork, communication, problem solving and leadership, while also promoting physical health and mental wellbeing in a safe, inclusive and supportive environment.

---

## CURRICULUM OUTLINE

8 week programme (1 hour per week, up to 8 students):

- Weeks 1-4: Bags of Character: Fun team activities that help students build confidence and resilience.
- Weeks 5-8: Physical Activity: Practical teamwork games and exercises that support physical health, communication and mental wellbeing.

## TACKLE IT

This programme supports students with low to mild mental wellbeing needs, helping them build confidence, resilience and teamwork through structured wellbeing and team building activities. Sessions provide young people with practical tools to manage emotions, develop a positive mindset and strengthen relationships with peers.

Through a combination of wellbeing discussions and interactive group activities, students are supported to develop self awareness, coping strategies and essential life skills in a safe and supportive environment.

---

## CURRICULUM OUTLINE

12 week programme (1 hour per week, up to 12 students):

- 6 weeks wellbeing: stress management, positive mindset, goal setting, support networks, social pressure, diet and routine.
- 6 weeks team-building: communication, planning, adaptability, leadership, decision-making.

The logo for 'TACKLE IT' is presented in a stylized, bold, sans-serif font. The text is white and is contained within a dark blue parallelogram that is tilted slightly to the right. The parallelogram has a thin white border.

## THERAPEUTIC APPROACHES

Our therapeutic approaches use creative, play-based, and interest-led methods to support students' emotional wellbeing, communication, and social development. Examples include Lego Therapy, Play Therapy, and Drawing & Talking, all designed to provide safe, engaging spaces for children to explore feelings, build confidence, and develop coping strategies.

- Small-group and one-to-one sessions using Lego, play, art, and drawing activities.
- Collaborative and child-led tasks promoting communication, teamwork, problem-solving, and reflection.
- Structured guidance to help students understand and manage emotions.

## CURRICULUM OUTLINE

12 week programme (1 hour sessions, small group or one to one mentoring):

*Participants can choose from:*

- Drawing and Talking (one to one)
- Play Therapy (one to one)
- Lego Therapy (delivered either in small groups of up to six or on a one to one basis).

Each approach provides a safe and supportive environment designed to support children's emotional wellbeing, communication, and social development.

## GAMING

Structured gaming used positively to engage young people while developing social skills, communication, teamwork, and problem-solving in a safe, supportive environment.

- Supervised, age-appropriate games designed to encourage cooperation and creative thinking.
- Flexible sessions for individual or group participation.
- Activities promoting turn-taking, teamwork, and positive interaction.

## CURRICULUM OUTLINE

8 week programme (1 hour sessions, max group size: 4)

## TOPICS

1. Introduction to Positive Gaming & Group Expectations
2. Communication & Cooperation
3. Problem-Solving & Critical Thinking
4. Turn-Taking & Positive Social Interaction
5. Teamwork & Shared Goals
6. Digital Well-Being & Online Safety
7. Creativity & Game Design
8. Celebration Session / Mini Tournament

## THEME 3

# RESPECT, RELATIONSHIPS & CITIZENSHIP

Helping young people develop safe, respectful relationships, understand influence, and take an active role in their school and community.

Programmes schools can access:

### TACKLING KNIFE CRIME

An early intervention programme supporting young people at risk of knife crime and youth violence. It builds awareness, resilience, safer decision-making, and access to positive alternatives.

- Workshops on risks, consequences, and peer influence.
- Decision-making, problem-solving and conflict resolution activities.
- Mentoring and guidance to explore challenges and influences.
- Positive alternatives through sport, leadership, and community projects.
- Reflection on the impact of choices on self, family and community.

### CURRICULUM OUTLINE

6 week programme (1 hour sessions, max group size: 12) or one-off workshop:

1. Awareness and Prevention
2. Choices and Consequences
3. Gangs
4. Offenders
5. Keeping Safe
6. Victims of Knife Crime

### SWITCHING FORMATIONS

A programme for boys, designed to champion positive masculinity by exploring emotions, respect and relationships.

### CURRICULUM OUTLINE

12 week programme for boys (1 hour per week, max group size: 12):

- 8-week wellbeing focus on masculinity, emotional expression, respect, media influence, and challenging misogyny.
- 4-week team-building focus on communication, teamwork, problem-solving, and adaptability.



## ANTI-DISCRIMINATION WORKSHOPS

Educational workshops challenging racism and discrimination, helping students understand its impact and empowering them to take positive action for equality and inclusion.

- Interactive workshops and activities exploring racism and its effects.
- Discussions and reflection to develop empathy and understanding.
- Group and individual exercises encouraging participation and critical thinking.
- Guidance on challenging prejudice and discrimination.
- Opportunities to plan positive actions promoting equality and inclusion.

---

## CURRICULUM OUTLINE

---

### **Class Group Workshops:**

- 1-hour sessions
- Maximum group size: 30 students
- Interactive, discussion-based sessions

### **Whole-School or Year-Group Assemblies:**

- Educational and engaging assemblies delivered to the entire school or specific year groups.
- Covers key PSHE themes in an age-appropriate and meaningful way.

## ANTI-BULLYING

A structured programme promoting respect, empathy, and positive relationships. It helps students recognise bullying, build confidence to seek help, and develop strategies to manage conflict, creating a safer, more inclusive school environment.

- Workshops on physical, verbal, social and online bullying.
- Conflict management and safe response strategies.
- Confidence-building and peer support activities.
- Reflection sessions to develop empathy and understanding.
- Whole-school campaigns, assemblies and staff guidance.

---

## CURRICULUM OUTLINE

---

### **PSHE Class Groups:**

- 1-hour sessions
- Maximum group size: 30 students
- Interactive, discussion-based PSHE lessons tailored to class needs

### **Whole-School or Year-Group Assemblies:**

- Engaging assemblies delivered to the entire school or specific year groups.
- Covers key PSHE themes in an age-appropriate and meaningful way.

# EXAMPLE PACKAGE

| TERM        | P1                               | P2                                 | P3                                   | P4                   | P5                                            |
|-------------|----------------------------------|------------------------------------|--------------------------------------|----------------------|-----------------------------------------------|
| AUTUMN TERM | Lego Therapy                     | Switching Formations               | Physical Activity & Outdoor Learning | Tackle IT            | 1:1 Mentoring                                 |
| SPRING TERM | Gaming                           | Drawing and talking                | Personal Development & Mentoring     | Tackling Knife Crime | Show Racism the Red Card (Assembly/ Workshop) |
| SUMMER TERM | Personal Development & Mentoring | Anti Bullying (Workshop/ Assembly) | Play Therapy                         | Switching Formations | Physical Activity & Outdoor Learning          |

## EXAMPLE SCHOOL DAY 8AM-4PM

|              |                                                                                    |
|--------------|------------------------------------------------------------------------------------|
| MORNING      | Preparation and meet and greet with the pastoral team                              |
| FORM         | Check in with identified students                                                  |
| PERIOD 1     | Group 1: Therapeutic provision                                                     |
| PERIOD 2     | Individual(s) or Group 2: Mentoring                                                |
| PERIOD 3     | Group 3: Leadership & Qualifications                                               |
| PERIOD 4     | Group 4: Tackle IT                                                                 |
| LUNCH BREAK  | 30 minutes lunch break<br>Engaging key students at social times/ drop-in sessions. |
| PERIOD 5     | Group 5: Gaming                                                                    |
| AFTER SCHOOL | End of day reporting and safeguarding debrief                                      |

**USE THE TABLE BELOW TO DRAFT YOUR PACKAGE**

| TERM           | P1 | P2 | P3 | P4 | P5 |
|----------------|----|----|----|----|----|
| AUTUMN<br>TERM |    |    |    |    |    |
| SPRING<br>TERM |    |    |    |    |    |
| SUMMER<br>TERM |    |    |    |    |    |

# ADDITIONAL BENEFITS

## REWARD AND RECOGNITION

We celebrate participants' achievements, commitment, and positive progress through a range of engaging experiences that motivate, reward and inspire.

### → STADIUM TOURS

Behind-the-scenes access to football club operations and insight into careers beyond playing.

### → MATCHDAY TICKETS

Experience live fixtures and the excitement of professional football.

### → FOOTBALL TOURNAMENTS

Compete with other clubs, develop teamwork, and build friendships.

### → TRIPS AND TOURS

Educational visits to culturally, historically and socially significant destinations to broaden horizons.

### → ALLOTMENT

Outdoor, nature-based sessions that support young people to recognise the benefits of the natural environment for their wellbeing.

---

## SIGNPOSTING TO COMMUNITY PROGRAMMES

We use the power of football and sport to engage young people in positive activities, building confidence, wellbeing, and leadership while creating safe, inclusive spaces in the community.

To find out more, please visit [dcct.co.uk](https://dcct.co.uk), or scan the QR code



## OUTCOMES

### → BUILD CONFIDENCE AND SELF-BELIEF

Fostering resilience, motivation and a positive mindset.

### → DEVELOP ESSENTIAL LIFE SKILLS

Including communication, teamwork, problem-solving and decision-making.

### → INCREASE ENGAGEMENT AND ATTENDANCE

Promoting participation in learning and school life.

### → ENHANCE LEADERSHIP AND RESPONSIBILITY

Taking initiative, leading projects and contributing positively to school and community.

### → IMPROVE BEHAVIOUR AND POSITIVE CHOICES

Reducing risk of exclusion and exploitation.

### → PREPARE FOR FUTURE EDUCATION, EMPLOYMENT OR TRAINING

Through employability skills, career exploration, and recognised qualifications.

### → FOSTER A SENSE OF BELONGING AND SOCIAL CONTRIBUTION

Engaging with peers and the wider community through collaborative projects.

---

## COST OF PACKAGE

### → £7,000 (SUBSIDISED COST DUE TO DCCT FUNDING)

1 day per week, term time per academic year

---

## GET IN TOUCH

We would welcome the opportunity to discuss our offer further and help to shape a package for your school. We would be happy to answer any questions or provide further information. We have limited availability so please get in touch soon to avoid disappointment.

### ZACK YATES (INCLUSION TEAM LEADER)



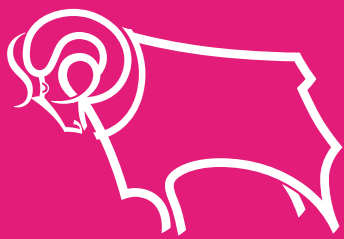
zack.yates@dcct.co.uk



01332 416140



www.dcct.co.uk



DERBY  
COUNTY  
COMMUNITY  
TRUST



DERBY CITY  
INCLUSION  
PARTNERSHIP



01332 416140



community@dcct.co.uk



www.dcct.co.uk



Derby County Community Trust



Derby County Community Trust



@DCCTOfficial



@DCCTOfficial