

What I Wish You Knew.... About Precious Moments and Health Ltd

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Agenda for today

- ▶ Who we are
- ▶ What we do
- ▶ The impact we are making
- ▶ How you can work with us to support children, young people and their families
- ▶ How you can work with us to support vulnerable adults with mental health issues/concerns

Introduction

- ▶ We are a team of passionate professionals, parents and individuals who want to help our next generation to thrive not just survive
- ▶ We provide an holistic service including mentoring, counselling and advocacy support to children, young people and adults within our communities
- ▶ We are currently providing a mentoring and advocacy service called the **Transitional Mentoring Service for Enfield Children and Adults Services.**
- ▶ This is for young people aged 18- 25 with care experience but don't meet the Care Act eligibility criteria for support e.g. care experienced but not care leavers.
- ▶ These young people tend to fall through the gaps for appropriate services and do not meet the mental health adult teams criteria for support.

Our Mission



- ▶ To create safe stable emotionally supportive pathways for these young people and their families
- ▶ Using holistic, culturally sensitive and emotionally grounded support
- ▶ This helps young people feel safe, valued and capable of building a better future
- ▶ We work at the intersection of social care providing emotional wellbeing support, mentoring and community support.
- ▶ Helping them to re-engage, socialise and gain employment, education or training opportunities.
- ▶ Get Back on Track!!

Our Vision

A world where every child and young person has the emotional stability , practical support and opportunities they need to thrive

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We believe support should be accessible, human and rooted in dignity.

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Our vision is long term and involves creating systems that lift young people out of crisis and into independence.

What we do

- ▶ Our work covers a range of issues because the needs of young people covers a vast range of issues.
- ▶ We don't offer '**one size fits all**' services we meet people where they are.
- ▶ We provide Holistic mentoring & advocacy support to these young people on the TM18-25 Project
- ▶ Family support and advocacy where needed
- ▶ SEND support and education navigation
- ▶ We have started delivering Community workshops and youth development programmes are initiatives we want to deliver in the near future.

Our Approach

Our services involves combining therapeutic insight with real world support such as:

- ▶ **Trauma informed** - understanding behaviour through the lens of experience
- ▶ **Culturally sensitive** - recognising identity, heritage and lived realities
- ▶ **Holistic** - emotional, practical, educational and social needs
- ▶ **Consistent** - we build trust through reliability
- ▶ **Empowering** - we help young people build confidence and agency

Who we support within the TM Service

We specialise in supporting those who often fall through the gaps – the young people who need someone to stand beside them, not above them.

- ▶ Young people aged 18 -25
- ▶ Families in crisis
- ▶ Young people with SEND
- ▶ Young people at risk of criminal and sexual exploitation
- ▶ Care-experienced young people
- ▶ Young people facing homelessness
- ▶ Parents needing advocacy or emotional support

Our Team

- ▶ Our team is our strength. We combine professional qualifications with lived experience, cultural understanding, and deep compassion.
- ▶ **A multidisciplinary team with heart and expertise.**
- ▶ Roles include:
 - ▶ Qualified counsellors
 - ▶ Holistic mentors
 - ▶ Family support practitioners
 - ▶ SEND specialists
 - ▶ Youth workers
 - ▶ Safeguarding-trained staff
 - ▶ Community engagement leads

Our Values

These values guide every interaction, every decision, and every programme we deliver.

- ▶ **Compassion**
- ▶ **Integrity**
- ▶ **Consistency**
- ▶ **Inclusivity**
- ▶ **Empowerment**
- ▶ **Dignity**
- ▶

Safeguarding & Quality

We take safeguarding extremely seriously.
Our systems ensure safety, accountability, and high-quality practice.

- ▶ Robust safeguarding procedures
- ▶ Trauma-informed practice
- ▶ Regular supervision
- ▶ Continuous professional development
- ▶ Evidence-based methods

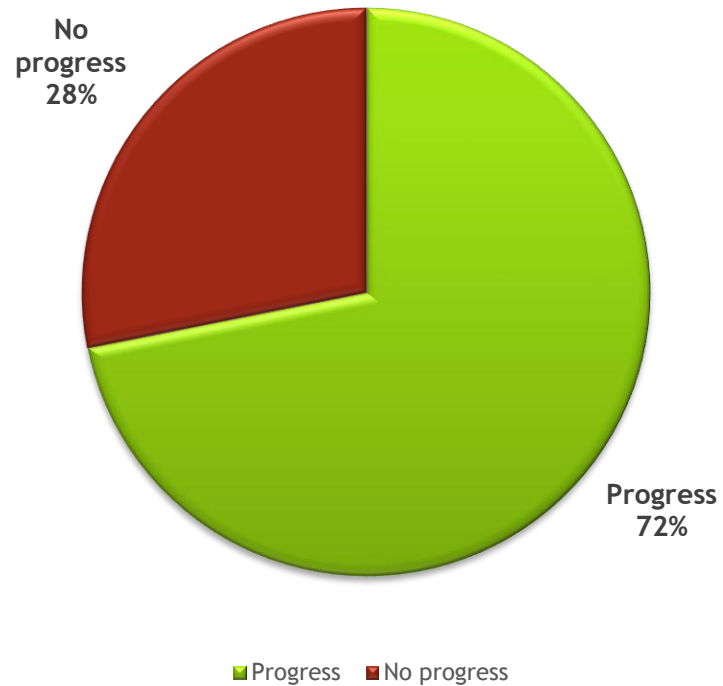
Partnership working

We collaborate with:

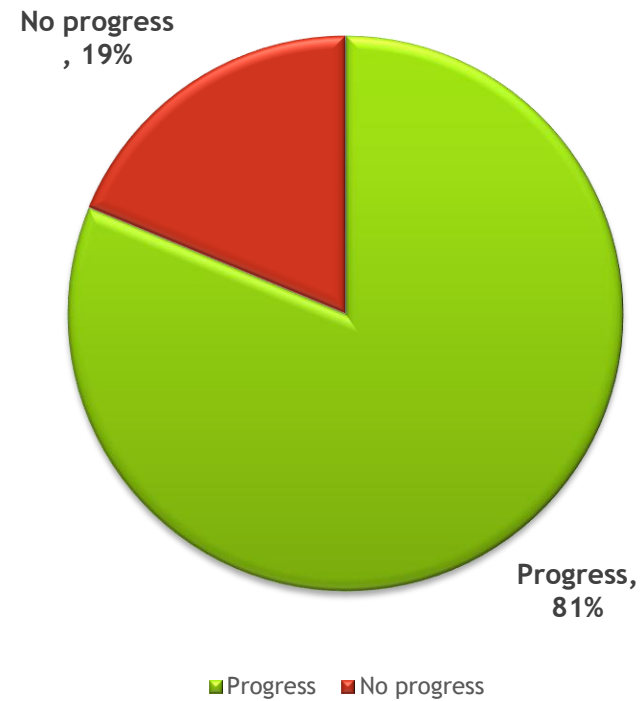
- ▶ Local authorities
- ▶ Schools & colleges
- ▶ CAMHS & NHS partners
- ▶ Community organisations
- ▶ Housing providers
- ▶ Faith groups
- ▶ Youth justice services

Our Impact - Assessment results

ORS Progress in wellbeing



SDQ Progress in their mental health



Success Story

- ▶ **CASE STUDY 1-** AE (18) is a black female living in 18+ semi-independent accommodation.
- ▶ **Primary issues:** She was attacked and stabbed in her placement by an ex-friend and a video of the incident was filmed and shared on social media platforms. She was traumatised by the whole event & scared to be by herself or left alone at any time.
- ▶ **Impact & Outcome:** The mentor focused on exploring her emotional wellbeing and offered therapeutic mentoring support. She supported her to attend meetings and re-engage in her community until eventually AB was able to go out without her aunt or the mentor to restaurants and shopping with friends. The mentor was also able to provide advocacy support as she had legal expertise and supported her throughout the court case as a victim of assault and GBH (Grievous Bodily Harm) during the court proceedings.
- ▶ AB was encouraged to commence her level 3 qualification at college and started a volunteer role as a TA at Lea Valley Academy. She is now attending church, does dance performances at events and is employed as a Teaching Assistant at another secondary school in Enfield.
- ▶ **Client's comments:** *Coral helped me not only to define myself as the girl who got stabbed but as a girl who is strong, brave and beautiful who can get knocked down a number of times always stand strong and firm again. I just want to say from the bottom of my heart thank you to Coral, and the Precious moments team because without you, I wouldn't of been able to do anything I've done now and I'll never be standing up here right now so thank you so much.*
- ▶ *'I think the support was the most beneficial part. I like how it's not office based and we can do the sessions outside which is in my comfort zone'.*

Success Story 2

► CASE STUDY 2-

- DF is a 19-year-old female fleeing domestic abuse from her father. Involved with the Personality Disorder Team so has some mental health issues.
- **Primary issues:** Requires support with obtaining housing and accessing education, training or employment.
- **Mentoring support:** Client is homeless and sofa surfing between 2 friends. Due to the DV issues she was placed in a refuge in Camden. The mentor helped her to explore her emotional health and wellbeing using a solution focused approach to explore her goals regarding accessing accommodation and education, training and employment. The mentor helped her apply for benefits and enabled her to explore and reflect on her emotional regulation & relationships with others to improve her emotional health and wellbeing.
- **Impact & Outcomes:** Using the Strengths & Behavioural Difficulties Questionnaire (SDQ) to screen for mental health difficulties, we identified that she was experiencing difficulties in managing her stress and emotional regulation. The Outcome Ratings Scales identified low levels in all areas of her life. The mentor kept in contact helping her to engage with her key worker to help her secure accommodation. Once this was achieved the mentor helped her to move before ending the mentoring support.
- **Client's comments:** *I was in a vulnerable position in my life and I needed help mentally to navigate the things that I was going through"*
"I feel like it is needed because its good at helping young people build their self-esteem especially people like me where I wouldn't do things normally by myself and I would isolate. It helps me come out of the house and be in the public and try new things. Its a great way for me to come out and then about my week and have someone to talk to about things I feel like I have no else to speak to about.

How to work with us

We are flexible, collaborative, and always open to creative partnership.
We welcome:

- ▶ Joint casework
- ▶ Co-delivery of programmes
- ▶ School partnerships
- ▶ Community collaborations
- ▶ Training & workshops
- ▶ Early intervention projects

Closing message

Together, we can change the trajectory of a young person's life.

Thank you for your time.
Precious Moments and Health exists because every child deserves safety, dignity,
and opportunity.
We look forward to working with you to create lasting change for the young
people and families we serve.

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