



MyFutureSelf
Matters®



Enabling young people to create
a **better future** for themselves.





Who We Are

We are a specialist mentoring and counselling service based in Buckinghamshire with a clear vision:

To make young people **healthier,**
happier and **reach their full potential.**



[Find out more:](#)





Our Vision

We understand how it feels when a young person is struggling. Many face significant challenges, and around 1 in 5 experience or witness trauma or adversity. This can impact how they see themselves and the world around them, affecting confidence, relationships, and learning.

Our mentoring and counselling services are trauma-informed and relationship-based, helping young people feel safe, supported, and empowered to grow.

We are experts in engagement and building trusted relationships with young people. To date, we have supported over 1,000 young people through mentoring, counselling, and workshops.

We believe we have a duty to **provide meaningful relationships** and pride ourselves on being **safe, consistent, trusted adults**.



[Find out more:](#)





Onsite Mentoring Provision

A **flexible, full-day provision** commissioned by schools across an academic year, giving settings the ability to **refer young people for support as needs arise**.

Each week, we provide a designated mentor onsite for 6 hours, typically working with up to 8 students who need extra support around mental health, wellbeing, and personal development.

Ideal for schools seeking to embed high-quality mentoring into their whole-school SEMH and pastoral support.

We currently deliver this service across multiple Buckinghamshire schools and welcome enquiries from Multi-Academy Trusts, PRUs, Alternative Provisions, and Colleges.



[Find out more:](#)





One-to-One Mentoring

Specialist mentoring for young people aged 8-18 who need **targeted support** with **wellbeing, confidence, resilience, or life direction**.

Our mentoring approach is caring, trauma-informed, and confidential. It helps young people explore their experiences, strengthen identity, and develop a sense of ownership over their future self.

Sessions are delivered in blocks of 12, tailored to each individual, and can take place in school, at home, online, or via walk and talk where appropriate.

Referrals are accepted from parents, carers, and professionals. Funding for our services is often met through Pupil Premium, EHCP funding, or High Needs Block funding, or can be paid for directly by families.



[Find out more:](#)





One-to-One Counselling

Specialist counselling for young people aged 8-18 who need support to **explore their experiences, strengthen emotional wellbeing, and move forward positively.**

Our counsellors practise person-centred counselling and offer a safe, confidential space where young people can talk openly at their own pace. All counsellors work within the BACP Ethical Framework.

Counselling is delivered in blocks of 12 sessions, adapted to individual need. Sessions take place in school, online, or in the local community via walk and talk if suitable.

Referrals are welcomed from parents, carers, and professionals. Funding for our services is often met through Pupil Premium, EHCP funding, or High Needs Block funding, or can be paid for directly by families.



[Find out more:](#)



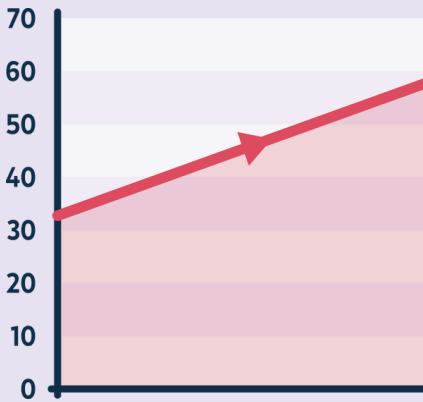


Our Impact



Over the last academic year (2023/24), wellbeing scores for young people on our mentoring programme rose and there were **great improvements in behaviour, confidence, and relationships.**

Wellbeing



Average wellbeing scores **rose from 32 to 58 out of 70**
(WEMWBS)

Behaviour, confidence & relationships



90% showed measurable improvements in behaviour, confidence, and relationships both in school and at home.



[Find out more:](#)





What Others Say

The addition of this initiative into our school has been a game changer for so many students. They have trust in James and feel supported by an additional adult which is so important in their young lives.

The team are great at catering to the individual and supporting our school culture. We really enjoy working with James and the team and are looking forward to another successful year.

Katrina Lemonius
The Misbourne School

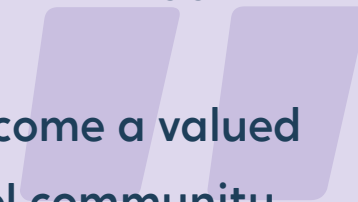


The mentoring provision has been exceptional. Working within a specialist SEN secondary setting brings daily unpredictability, and the mentoring has shown remarkable adaptability in an ever-changing environment.

What has stood out most is the ability to connect with some of our most complex and vulnerable students. My Future Self Matters has successfully built relationships with young people whom we, as a school, had struggled to engage.

My Future Self Matters has become a valued part of the Pebble Brook School community. The impact has reached far beyond the weekly sessions delivered.

Kate Barrett
Pebble Brook School



My Future Self Matters demonstrates exceptional expertise and empathy in effectively connecting with and supporting young individuals.

With extensive experience serving some of our most vulnerable and challenging youth, they consistently achieve positive outcomes by enhancing the overall wellbeing and mental health of struggling young people.

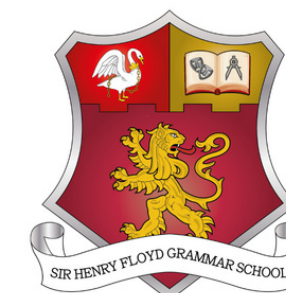
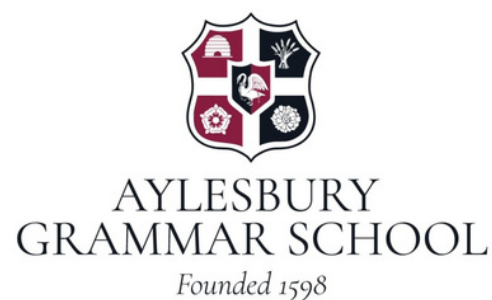
Both colleagues and the young people themselves have provided glowing feedback about their impactful work.

Jo Goodger
The Buckingham School





Schools & Organisations We Work With





MyFutureSelf Matters[®]

For more information, please get in touch:



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