



Aspire and Thrive Provider Fact Sheet

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Who we are

At Aspire and Thrive, we offer trauma-informed therapeutic mentoring and educational services for students who have social, emotional, and mental health needs. We work closely with our clinical team to develop a model of trauma-informed and therapeutic practice, which is integrated into our program each half term.

Aspire and Thrive is committed to preparing young people to engage meaningfully with the world and thrive, regardless of their past experiences. Our approach supports attendance, engagement, participation, and fosters positive experiences and achievements for students. We are dedicated to maintaining a consistent practice approach throughout our service. This includes emphasising a safeguarding ethos and nurturing a safe, supportive culture that prioritises the welfare and well-being of students in all activities. Our methods are trauma-informed and focused on attachment, using therapeutic practices to support students as they transition into young adulthood. Our programs emphasise the development of emotional intelligence, helping students understand their feelings and recognise how their self-perception affects their interactions and communication with others. This approach enables them to identify, express, and respond to their emotions with increasing awareness and safety.

By learning about emotional intelligence, we guide young people in understanding their emotions, recognising how these feelings may influence their experiences and needs, and exploring effective strategies to respond to them. We explore how unmet needs can present or emerge through interactions, communication, and behaviour by collaborating closely with our clinical and behavioural specialists. This partnership has enabled us to develop a therapeutic practice model that empowers our colleagues to actively engage with students by forming regulated and authentic connections. Our approach fosters psychologically safe environments that encourage personal development and individual aspirations, enabling students to have meaningful experiences and make positive contributions, irrespective of their life circumstances. At least once per term, our team attends mandatory learning days that involve reflective practice with our clinical team, group supervision, and therapeutic practice training. We are committed to a holistic approach that prioritises children's mental health and well-being. Our mission is focused on children and young people, focusing on their internal processes, mindset, belief systems, and emotional regulation abilities.



What we offer



Our offerings include functional skills in English and Math, Duke of Edinburgh awards, ASDAN awards, outdoor education, sports, arts, life skills, personal development programs, and creative opportunities, all tailored for primary, secondary, and post-16 education, along with individualised mentoring support. Courses are primarily conducted on a one-to-one basis in the community, with each session lasting three hours—one in the morning and one in the afternoon. However, we can provide certain services in a group format upon request. We provide transportation to and from the learning space, ensuring that students are collected and returned before and after their mentoring sessions or learning experiences. Breakfast and lunch are provided for all students. Our learning environments are selected for their low-noise and low-arousal settings, focusing on semi-rural locations and both newly built and long-standing exclusive venues.

Student Outcomes

Aspire and Thrive have closely collaborated with children, young people, families, and educational institutions to reduce the risk of school exclusion. Aspire and Thrive have successfully supported children and young people in reengaging with education on both a part-time and full-time basis, ensuring that these transitions are both supported and sustainable. Through various initiatives, Aspire and Thrive enable children and young people to attend, participate in, and engage safely in individualised, mentoring-focused learning as well as educational and personal development opportunities. In our young people's group, attendance consistently exceeds 90%. The contributions made by Aspire and Thrive to the children and young people we serve, along with their families, carers, and support teams, are often seen as valuable and pivotal in fostering effective change and positive progress. Aspire and Thrive measure and monitor progress every half term, providing detailed diagnostic recording and reporting on meaningful purposes and target progress tailored to each child and young person. The variety of opportunities and experiences offered encourages creative and unique approaches, which lead to highly aspirational outcomes in education, personal growth, life skills, transitional preparedness, and emotional well-being.

Safeguarding

DSL - Dave Hughes 02475921002 davehughes@aspireandthrivelimited.onmicrosoft.com

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Enhanced DBS Staff

Safeguarding policy

Insurance Documents - Exp 03/11/2025

Health and Safety

Delivery site is fully RA, outdoor space and Classroom

Risk Assessment - Exp September 2025

Specialisms

Vocational
Mental Well-Being
Outdoor education
Mentoring

Mode of delivery

On-Site
In-School
In-home



FSM
Catered



Transport



Quality Assured by CAP
Documents on Sharepoint

