

# St Loye's Foundation

St Loye's Foundation, a national charity based in Exeter, was originally set up to include help and support for those who had served in our armed forces. Over 70 years on we now offer experience in training, developing and supporting people with physical or mental health conditions and disabilities into lasting employment, and more recently have launched a new scheme called 'Transitions'.

'Transitions' includes two new programmes: a mentoring scheme and a training course of employability skills. They both offer support for veterans in their transition to a new life in 'Civvy Street'.

Through 'Transitions', St Loye's want to help Britain's service veterans to get the most out of life again.

For more information call us on 01392 255428 and ask for the 'Transitions' team or visit our website on [www.stloyes.ac.uk](http://www.stloyes.ac.uk)



*Understanding, Supportive, Life Changing*

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• T R A N S I T I O N S •

Patron: Her Majesty the Queen



## Veterans' Support Services

# Transitions Mentoring...

St Loye's is currently involved in developing and delivering a mentoring programme for service veterans. The project seeks to recruit and train mentors and mentees. Mentors undertake a three day introductory programme with mentees joining on day two. Both complete a unique relationship building process to ensure a successful match. The whole experience is currently set on a picturesque training farm, called Hush Farms, based in East Devon. This allows all involved to have time away from everyday pressures, as well as time for reflection and a chance to share experiences. The setting also provides a unique opportunity for mentees to decide what they want to do with their lives, supported by their mentors in a planned and structured way. St Loye's supports the relationship for an initial period of one year which includes a personalised action plan. The two parties may well decide to continue their relationship after the initial twelve month period. Benefits include:



1:1 support during a difficult transitional time which builds confidence in the individual's ability to change through harnessing their talents and gifts



An opportunity for the individual to learn more about themselves, broaden their perspective, and raise awareness of new opportunities



Learn new skills from mentors and peers



Training opportunities and development of new employment skills



Support in achieving Individual Recovery Plans

# Gateway to Employment...

'Gateway to Employment... ' is a programme of employability skills that St Loye's is currently delivering to Hasler Company, the rehabilitation unit of the Royal Marines based in Plymouth. The current participants are drawn from across all three services. The programme helps individuals to overcome the negative mental and emotional barriers that hinder their development of a clear job search strategy for the right job. The course contains eight units, each lasting a day, and is spread over a four week period. Apart from the more obvious practical elements like writing a CV, the programme allows participants to take an in depth study of themselves, their strengths, motivators and the influences on their choice of job. Also included is practical work such as filmed interviews based on real job advertisements, and access to a help line to allow trainers and delegates contact time outside group delivery. The first course is due to be completed in November, and Hasler Company has already booked a second for early in 2012.

By the time they have completed the course, participants will:



Have a greater understanding of what a civilian employer is looking for in an individual



An understanding of how to identify important work based competencies



The ability to make informed decisions about future employment opportunities



The confidence to present themselves in their best light and to answer tough questions



A greater understanding of themselves and enhanced belief in their future abilities