



IGNITE LIFE

EMPOWERING YOUNG MINDS,
IGNITING FUTURES

IMPACT REPORT 2025



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1 INTRODUCTION

At Ignite Life, we support young people and families by providing holistic care tailored to individual needs. Ignite focuses on relieving the needs of young people facing disadvantage through supporting with wellbeing and mental health, educational support, food poverty, family support, access to sport and other life changing opportunities to address economic inequalities.

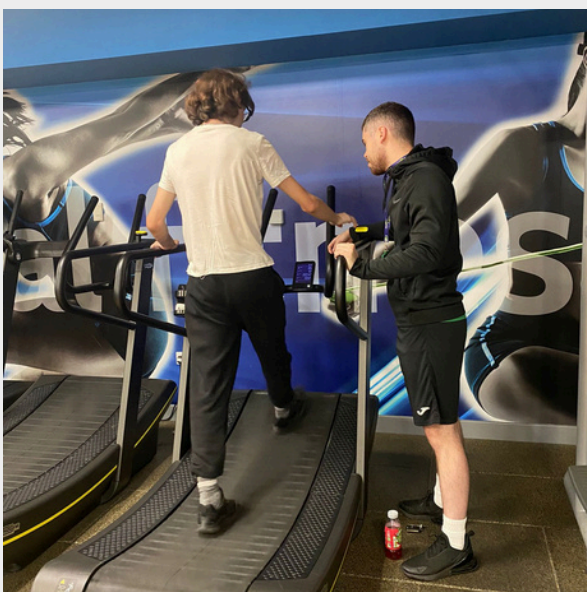
Ignite believes in raising the voices of the people we support. We are working hard to include young people and families in the design of our services to ensure we are constantly listening and responding to their wants and needs.

At Ignite we are passionate about developing and delivering services that help to reduce isolation and build opportunities for the engagement of young people.

Our services:

Ignite offers 3 services and a range of projects. In 2025, we delivered:

- **1:1 Mentoring**
- **1:1 Counselling**
- **Student counselling programme**
- **Food Bank**
- **Cooking workshops**
- **Community events**



OUR STORY SO FAR

Ignite Life

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THE START

Ignite Life was created in 2019 to help plug gaps in provision for vulnerable young people who are at risk of slipping through the net.

We started off with the goal of providing mentoring sessions to young people in our community and since then we have grown and expanded and created new projects.

OUR MISSION

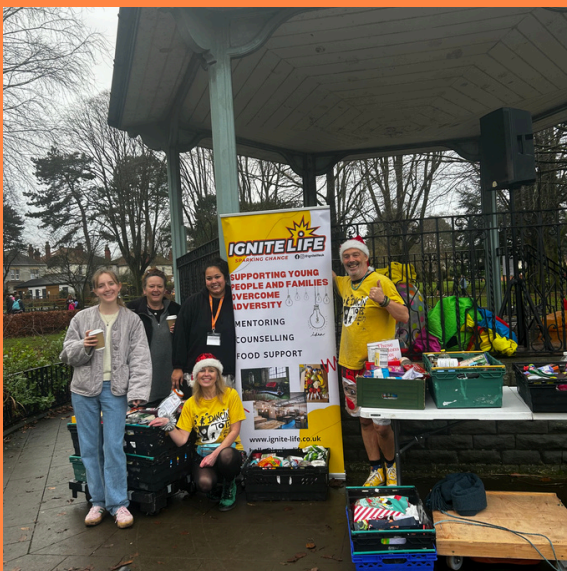
Ignite Life is a charity dedicated to empowering young people and helping them overcome adversity.

OUR VISION

*Where young people feel proud
and reach their full potential.*

OUR TEAM

- Office:** We have 2 full-time members of staff who fundraise for projects, manage the services and safeguard all staff, volunteers and beneficiaries. We also had 1 part-time intern who supported us from January-May, assisting with fundraising and admin.
- Trustees:** Our trustee board is currently made up of 6 professionals who bring different skills and experience to the overall strategic decision making for Ignite.
- Volunteers:** We have approximately 15 volunteers who run our community food bank. We also had one office volunteer who supported us with admin and monitoring tasks.
- Counselling:** We have a team of 5 counsellors and 1 clinical supervisor.
- Mentoring:** We provide grant funding for a team of 25 Impact mentors to ensure continuous support during school holidays.



2 COUNSELLING

What is the service?

Ignite's counselling service offers free-of-charge 1:1 sessions for young people. We provide a safe and accessible space for young people and families to overcome adversity and provide vital mental health support to help build resilience and confidence.

What are the aims?

Our counselling aims to have a long-lasting positive impact. We strive to provide young people and families with a toolkit of comprehensive coping strategies they can draw from to help navigate future challenges.

What is provided?

Our **1:1 counselling** is carried out at our centre in Kingswood, either in our counselling room or in the kitchen whilst cooking or baking. Our counselling service offers a 7-week block, however, if longer is needed to reach goals then this will be extended.



YP-CORE scores

The counsellors use the YP-CORE measurement. "CORE" stands for Clinical Outcomes in Routine Evaluation" and is a system of tools and thinking to support monitoring of change and progress. Each young person is assessed within their first few sessions and again in their final session to obtain their CORE scores and assess their progress.

Who does it help?

Ignite provides a safe space for young people and families to learn how to cope with challenging emotions and trauma and help forge strong and healthy relationships. Our services support young people who may otherwise not be able to access mental health support.

What are the benefits of counselling?

Ignite offers a safe space for young people to explore emotions and past trauma or challenges with a professional counsellor. The benefit is that this service focuses on providing support to young people who so often slip through the net due to social disadvantage or being marginalised.

Counselling can support with:

- Improved communication
- Relationship building
- Self-esteem
- Better expression of emotions
- Relief from depression and or anxiety

COUNSELLING

KEY STATS

2025

We received funding from our local authority, trusts and organisations to be able to provide 1:1 counselling to young people who too often slip through the net.

Sessions provided	590
Young people provided with counselling	99
Number of counsellors	5
Age range	5-18

100%

young people showed improved or same YP-CORE

100%

young people who had 6+ sessions had improved YP-CORE



COUNSELLING

CASE STUDY 1

Client Y attended counselling due to the emotional impact of an ongoing medical condition following a recommendation from her GP. They reported low mood, reduced confidence, and significant difficulty managing daily life as well as feelings of depression and overwhelm.



Y

Name*

*Name anonymised

17

Years old

12

Counselling sessions

The client completed a 12-session programme using a person-centred approach, providing a safe, empathetic and non-judgemental space to explore her feelings and experiences. Cognitive Behavioural Therapy (CBT) techniques were also used to help challenge negative thought patterns, strengthen resilience and improve self-worth.

Over the course of the sessions, the client made significant progress. They developed greater insight into her thoughts and emotions, and learned to manage negative self-talk. By the end of the therapy, they reported feeling more hopeful, empowered and capable of moving forward. The client stated that they felt like '**a new person**' and described feeling connected with their previous happy, confident and optimistic self.

COUNSELLING

CASE STUDY 2

Client D began counselling at the age of 11, presenting with significant difficulties in managing anger, which was impacting both their school and home life. Through the collaborative development of a safety plan, they learned healthier ways to recognise and respond to their anger.



D	Name*
	*Name anonymised
11	Years old
7	Counselling sessions

Over time, they were able to challenge unhelpful behaviours, reflect on their emotional responses, and adopt more compassionate perspectives towards themselves and others.

“This resulted in noticeable improvements in emotional regulation and relationships across different areas of their life.”

3 FOOD SUPPORT

What is the service?

Ignite Life has a community food bank that provides top-up support for families in food poverty within our local community. We work in partnership with FareShare, Sainsburys, Morrisons and Co-op to deliver our amazing service. The food bank opened in 2022 in response to the growing demand for food support. Since then, and with a worsening cost-of-living crisis, the need for our service has snowballed. Over the last couple of years, we have introduced cooking workshops, recipe boxes and water-bill support in partnership with Wessex Water.

What are the aims?

Our food bank aims to provide a safe, warm and welcoming space for individuals and families in food poverty. We want to remove the stigma of asking for help and provide a community hub where service users feel supported and heard.

What is provided?

Ignite Life's food bank provides essential food and hygiene items to families in food poverty. Our food bank is open 3 days per week and operates on a no-referral needed basis - ensuring that we are as accessible as possible.

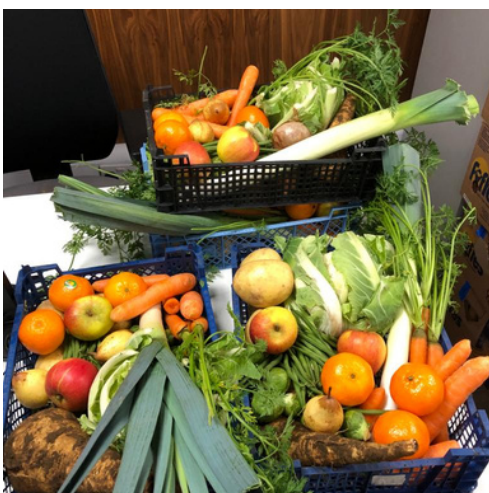
We also provide supported volunteering opportunities for young people, providing a 6-week programme where young people can learn new skills and gain work experience.

Who does it help?

All of our food support services help to alleviate the burden of food poverty. Food poverty can negatively impact physical and mental health as well as social wellbeing. We also support people who have limited knowledge on budgeting, cooking, and food waste.

What are the benefits of food support?

Ignite Life's food service supports individuals and families holistically - it provides a safe, judgement-free space where service users can receive a food parcel, as well as a listening ear and signposting to other local support services.



FOOD SUPPORT

KEY STATS 2025

Food bank:

We currently have 15 volunteers at the Ignite Life food bank helping to support the community.

Our food bank supports an average of 105 households per week.

105

Households per week on average supported with food

65

Children per week provided with food

190KG

Food collected from FareShare per week

452

Meals provided per week

23,514

Meals provided in total



FOOD BANK

IMPACT QUOTE

"The food bank has been amazing in so many ways. From food for the week, occasionally vouchers for Morrisons. You even provided gifts for birthdays and Christmas for my children, including my eldest 18th birthday. Since my disability stopped me working and driving you have been amazing. From food to a listening ear when I needed a chat."



4 MENTORING

What is the service?

Our mentoring supports young people with additional mentoring throughout school holidays or when young people face sudden reduced provision from other support services such as the local authority or schools. Sessions happen at our youth centre or in the community. These mentoring sessions create social interactions in safe places where social skills can be developed, as well as providing 1:1 education and employment support, volunteer opportunities, wellbeing check ins, and access to physical activity.

What are the aims?

- Create opportunities for young people to build nurturing and positive relationships with safe adults
- Access transformative opportunities

What is provided?

- A three-hour session
- Transport to and from the session.
- Activities such as sports, cooking, art, music and trade skills such as plastering and bricklaying.
- A meal

Who does it help?

Our service is for young people who receive 1:1 mentor support during term time, and are referred to Ignite for additional mentoring throughout school holidays. Mentoring is also for young people who are occasionally referred by schools or parents/carers to provide short term support with transitions.

What are the benefits of mentoring?

- Confidence and self-esteem building.
- Emotional and Physical wellbeing check-ins.
- Support with education and socialisation
- Empower young people to reach their full potential.



MENTORING KEY STATS 2025



With funding provided by generous trusts, foundations and our local authority, we have been able to provide life-changing mentoring sessions with long term positive impacts in our community.



Sessions provided	286
Hours provided	858
Number of mentors	26
Young people provided with mentoring	56
Age range	7-21

MENTORING CASE STUDY 1

Ignite provided mentoring sessions to H during the summer holidays. Due to complex needs, H required daily 2:1 support. The aim of mentoring was to help H **build confidence** in social situations and take control of actions and reactions.



During mentoring, H was able to attend a local farm to help with hands on work, including digging a trench and constructing wire for the chicken coops. This was **invaluable experience** for H to get out of their **comfort zone**.

H became **comfortable** attending the centre and **socialising** with other mentees, as well as learning strategies to manage **behaviours** and walk away from certain situations instead of engaging in potentially dangerous situations.



Finally, H was also able to go on a trip to **GoApe**. H has autism and anxiety challenges and with the support of two amazing mentors, H was able to **overcome initial anxieties** and grow in confidence through the Go Ape course.

“Ignite were able to provide life changing opportunities which gave H the chance to overcome his anxieties and try new things.”

H

Name*

*Name anonymised

21

Hours of mentoring

16

Years old

MENTORING

CASE STUDY 2

A was referred to Ignite Life to receive critical support mentoring during school holidays. A hadn't attended school for around 3 years and as a result was quiet and lacked any engagement.



A's main aims were to build **self-esteem, life skills** and become more engaged in learning. A had ambitions of joining the army and it was felt that having the positive role model of a mentor would help A progress towards this goal.

Through mentoring, A was provided with 1:1 support and was able to attend the gym and build on physical fitness, which would all help towards the goal of joining the army.

A's mentor was able to engage A attending the gym, working specifically on physical fitness and running 5km as part of the physical requirements for the army selection. They also learnt about a healthy lifestyle, a good diet and the benefits of exercise on overall health. These are all life experiences A would not have received were it not for the mentoring opportunity.

With the support of a mentor, A applied for army selection and, although being rejected initially, showed resilience to persevere, work on fitness levels and apply again, successfully passing a selection interview.

A

Name*

*Name anonymised

30

Hours of mentoring

15

Years old

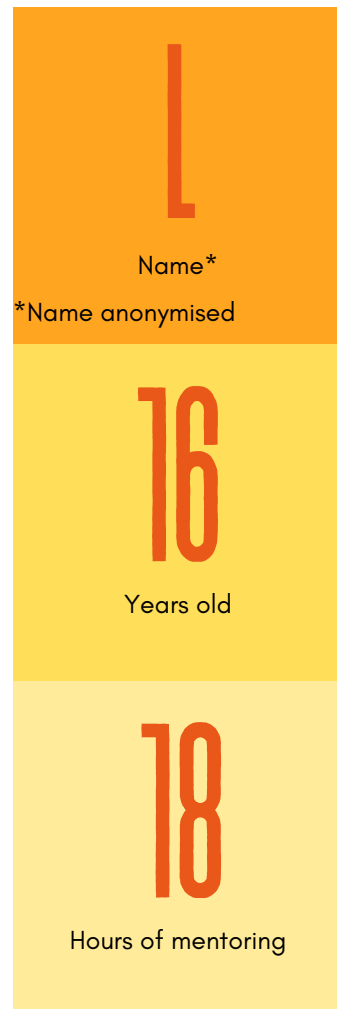
MENTORING CASE STUDY 3

L was referred to Ignite Life to receive critical support mentoring when they were moved to a different housing setting and all funding for alternative provision had been cut. L was at major risk of being NEET (Not in Education, Employment, or Training).

Ignite Life stepped in to plug this gap and work towards them not becoming NEET. We provided sessions while their support workers were fighting to regain their funding to continue their alternative educational support.



L's main goals were to maintain consistency with his engagement. L struggled with low self-esteem and confidence which lead to disruptive behaviour. However, L was in a place where they wanted to engage in mentoring and was achieving their goals.



Through mentoring, L was able to keep up with their goals and maintain the relationships they had made with trusted adults.

In particular, L and their mentor played lots of football, went to cafe's for long chats about how they were doing, and engaged in social activities with other young people.

After two months, L was able to receive the funding they needed to be provided with a structured mentoring and tuition service and is now set up to reach their goals due to us stepping in and plugging this huge gap.



5 GARDEN PROJECT

In 2024, Ignite Life partnered with Page Community Association and they granted us access to their unused and overgrown outdoor space.

In 2025, we hosted 3 Community Volunteer clean-up days. We had employees from Burges Salmon and Virgin Media support us with weeding and clearing the space. We also had a day with young people and local community members volunteering.

In partnership with Page Community Association and other local organisations, we will continue to clear this space throughout 2026 to start building a garden community members want to use!



6 COMMUNITY FUN DAY



Introduction

On Thursday 29th May 2025, Ignite Life held its second Community Fun Day at Page Park in Staple Hill. The purpose of this event was to fundraise for our services and involve our young people in the design and delivery of the day.

Young People

It was amazing to see the young people that we support involved throughout the day - we had young people running their own stall such as selling raffle tickets, football penalty shoot outs, selling woodwork, balloon darts and a teddy tombola.



Vendors

We had a wide range of vendors selling jewellery, craft items, candles, woodwork and more. We also had amazing food vendors including Jim's Pizza, Toff's Pasta and Ceylon Beyond.



Volunteers

We had a team of really amazing volunteers from Virgin Media, Burges Salmon, Resource Futures and Hays.

Sponsors

We were really generously sponsored by the Window Hub and Roadworthy Suzuki (who both had stalls at our event) as well as Baileys of Bristol, Burges Salmon and WDM Limited.



Fundraising

The day was an amazing success, raising £5,000 total which went towards our vital youth services.

7 2026 GOALS

Here at Ignite Life, we continue to listen to our community and raise the voices of our service users to ensure we are meeting their needs and delivering effective support services. We are proud of the resilience the charity has shown during a period of uncertainty and disruption at the beginning of 2026.

Our goals for 2026 include:

- **Expand our counselling service into Gloucester.**
- **Organise and improve our operational core to ensure efficient and effective delivery of our services.**
- **Recruit 2 new student counsellors.**
- **Increase the amount of food in the food bank to meet the growing demand.**
- **Support food bank service users with further signposting to other support services such as the Baby Bank, Wessex Water water-bill reduction and Trussell Trust food banks.**
- **Facilitate a youth-led garden project to develop an outdoor counselling space for our service users.**
- **Ensure our monitoring and evaluation is capturing impact.**
- **Increase our youth voice throughout all parts of the charity.**





ACKNOWLEDGEMENTS

During 2025, we received amazing community backing and donations from trusts, organisations, and the local authority. We are delighted to announce that we were selected by the chair of South Gloucestershire Council, councillor Katie Cooper, as their charity of the year.

Thank you to everyone who has supported us and allowed us to deliver our mission.

We received grants from:

- Cash For Kids
- The Nisbet Trust
- The Pixel Fund
- The Albert Hunt Trust
- The Garfield Weston Foundation
- Edgar E Lawley Foundation
- Quartet
- SpeedoMick Foundation
- Comic Relief Fund
- Wessex Water Community Fund
- Mortgage Advice Bureau Foundation
- Julia Rausing Trust
- St Austell Charitable Trust
- The National Lottery
- The Postcode Lottery
- Sovereign

THANK YOU FOR YOUR CONTINUED SUPPORT