

December 2025

# Mentor Wise Monthly Newsletter

*Memorable Moments*  
MONTHLY CHALLENGES  
ANNOUNCEMENTS



# ACTIVITIES

## NORTH LONDON

We held our Winter Retreat in Birmingham with our KS5 female mentees from North London. In total, there were 33 of us, including 25 mentees, seven mentors, and our cook. The programme included reading sessions, wellbeing workshops, and gratitude sessions. During activity time, we enjoyed stone painting together, made marshmallows over the fire, and played games such as Taboo and Werewolf. After a fulfilling and enjoyable three-day retreat, we returned to London.



# ACTIVITIES

## NORTH LONDON

We welcomed the new academic term with our mentees in a meaningful and reflective way.



We ended the term with fun competitions and an awards ceremony to celebrate our mentees' hard work.

# ACTIVITIES

## NORTH LONDON

End-of-term GCSE baseline exams took place to help track mentees' progress and guide future learning support.



We held an Academic Mentor Training Day to equip our mentors with the skills and knowledge needed to support mentees' academic progress.

# ACTIVITIES

## NORTH LONDON

We organised an Enhanced Teaching Training Day to further develop teaching skills and enhance the quality of learning delivery.



We organised Term 1 review and new term planning meetings to evaluate progress and plan effectively for the new term.

We held a “Parent Visits” seminar for mentors to strengthen their skills in communicating and working effectively with parents.



# ACTIVITIES

## NORTH LONDON

KS3 retreat was organised to support mentees' personal development, reflection, and wellbeing.



Some moments from our KS4 retreat.



# ACTIVITIES

## MIDLANDS

Our mentees from Birmingham, Cambridge, Coventry, Stoke-on-Trent, who successfully completed the 50-day Personal Development Challenge were rewarded with a trip to Winter Wonderland in London. We congratulate all of our mentees on their dedication.



# ACTIVITIES

## LEEDS

Our winter season retreat began with a rich and well-structured programme.

### **1. Reflective Reading Session:**

As part of the programme, mentees came together with their mentors for a reflective reading session. Through shared discussion and quiet moments of contemplation, mentees engaged meaningfully with the text in a warm and welcoming atmosphere. This activity encouraged connection, focus, and quality time spent together.

### **2. Nature Walk:**

Later in the day, a nature walk provided a refreshing opportunity for outdoor activity, reflection, and connection with one another.

### **3. Stained Glass Art Workshop:**

As the retreat continued, a mentor led a stained glass art workshop. Mentees enjoyed creating their own pieces in a relaxed environment filled with conversation, while also experiencing the positive impact of art on wellbeing. We were delighted to celebrate the creativity and talent reflected in the final artworks.

### **4. Vision Boards and Karaoke Evening:**

On the final day, mentees created their own vision boards and enjoyed a fun and uplifting karaoke evening together.

### **5. Closing and Awards:**

We concluded these warm and memorable days by presenting gifts to the winner of the Kahoot quiz and to the top reader from the book reading challenge.

# ACTIVITIES

## LEEDS

1.



3.



4.



2.



# ACTIVITIES

## NEWCASTLE

We completed the winter retreats for KS3-university mentees through a combination of book reading, listening to talks delivered by various mentors, dedicated study sessions, and a range of different activities and events.



# ACTIVITIES

## KENT



Our Reading Book Programme with Year 8 and 9 mentees is completed in two days. Using The Youth's Guide as the main book, the mentees came close to finishing the book.



As part of our training and personal development programme, we organised a mentor retreat. During the retreat, we took part in group reading sessions and listened to guest speakers, creating valuable opportunities for learning and reflection.



# ACTIVITIES

## KENT

Shortly after the New Year, we held a movie night as part of our retreat activities. We thoroughly enjoyed watching Big Hero 6 and welcomed the new year with a positive start.



# ACTIVITIES

## BIRMINGHAM

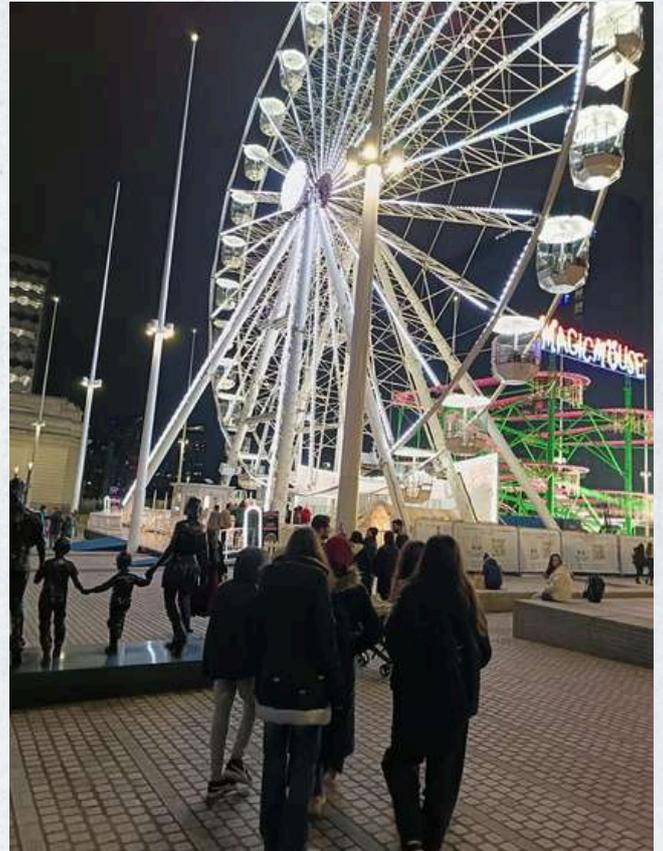
Our KS3 to university mentees took part in two- to three-day spiritual retreats focused on reflection, and wellbeing sessions. Alongside this programme, mentees also enjoyed activities such as waffle making, sushi making, felting, and cross-stitch, creating a relaxed and welcoming atmosphere. These retreats provided mentees with the opportunity to step away from their daily routines, reconnect spiritually, and strengthen their sense of togetherness. We are grateful to our parents for their generous support and contributions, which helped make the retreats a meaningful and enriching experience for our mentees.



# ACTIVITIES

## BIRMINGHAM

Our KS3–KS4 mentees visited the Frankfurt Christmas Market in Birmingham city centre, enjoyed ice skating, and spent memorable time with their friends.



# ACTIVITIES

## SUTTON

This year, 25 Mentor Wise Girls mentees took part in the Mentees' Retreat.

Participants were divided into two age-based groups:

- Mentees in Years 7, 8 and 9 stayed in one building
- Mentees in Year 10 and above stayed in a separate building

By running two programmes simultaneously, we were able to deliver age-appropriate content tailored to each group's needs and level of understanding.

Throughout the retreat, a range of activities was organised to enhance mentee engagement. A photo competition was held, with entries evaluated through parents' voting, and prizes were awarded to the winning mentees.



# ACTIVITIES

## SUTTON

In December, six of our mentees participated in a football match organised with the women's team. Despite the rainy weather, the match was thoroughly enjoyable. Everyone had a great time, and the activity helped to strengthen our sense of togetherness and team spirit.



All of our mentors attended the Mentors' Retreat held across South London. Throughout the retreat, dedicated workshops, meaningful conversations and quality time together enabled valuable knowledge sharing and further strengthened the sense of sisterhood among our mentors. One of the most memorable moments was the early morning walk to watch the sunrise.



# ACTIVITIES

## WELLING

In December, we organised an inspiring trip to Cambridge with our mentor team. This visit greatly strengthened our connections and provided valuable academic inspiration that we are excited to pass on to our students.

Throughout the trip, we gained rich insights into the city's history, culture, and museums, making the experience both educational and memorable. Encouraged by the success of this visit, we are now ready to plan the same trip for our students, aiming to offer them similar academic motivation and cultural enrichment.

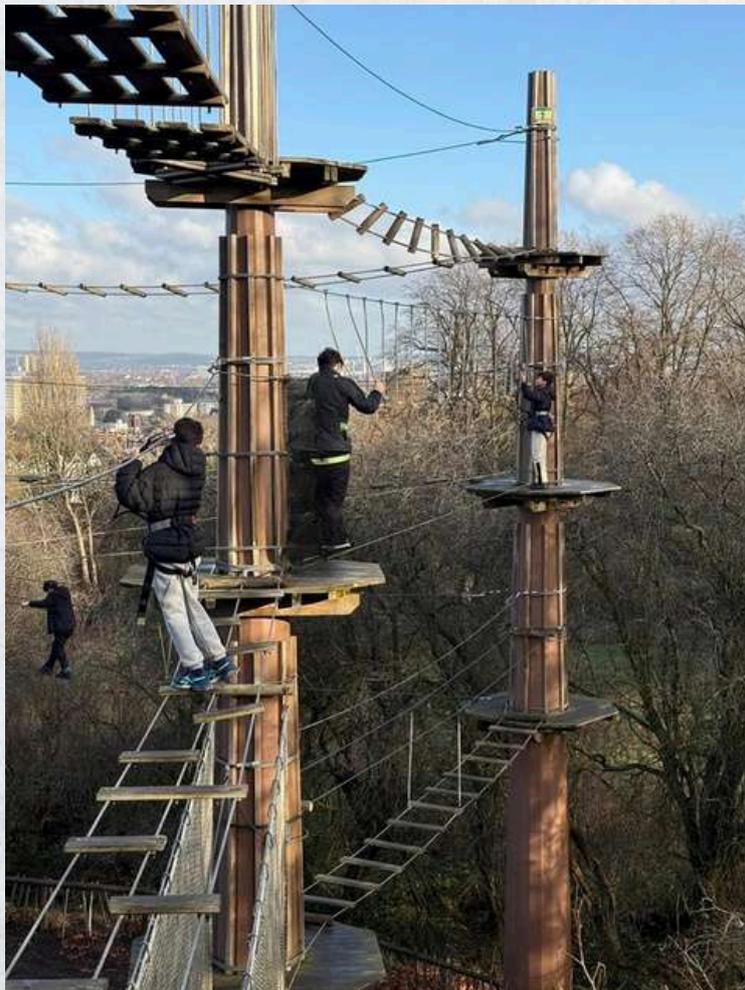


# ACTIVITIES

## WELLING

As part of our Winter Retreat for KS3-KS4 mentees, we organised an exciting outdoor activity at Go Ape. This experience was highly beneficial for students' physical development, helping them improve hand-eye coordination, balance, and overall motor skills.

In addition to being a fun and challenging adventure, the activity encouraged mentees to step out of their comfort zones, build confidence, and support one another in a dynamic outdoor environment. It was a memorable and rewarding part of our winter retreat programme.



# ACTIVITIES

## NORTH ENGLAND

On 14 December, the Stars of the North programme was held for our mentees from North England. The event served as an appreciation and awards ceremony, recognising mentees who played an active role during the 2024–2025 season across our organisations: Mentor Wise, Time to Help, Dialogue Society, and Human Rights Solidarity. Enes Kanter Freedom travelled from the United States specifically for this programme and spent the day with our young people, personally presenting their awards. The programme concluded with a mini concert by Grifon.

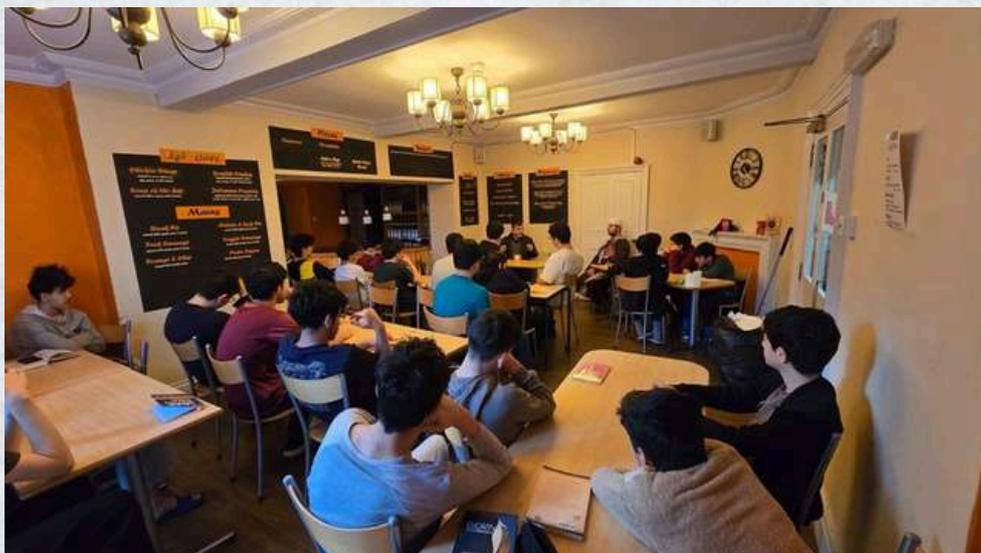


# ACTIVITIES

## NORTH ENGLAND

We held our North England Winter Retreat from 20–26 December, lasting six days. A total of 70 students participated in the retreat. It was organised in two sections: KS3-KS4 and KS5–University, each with a separate programme.

The theme for the KS3-KS4 group focused on norms and values, while the theme for the KS5–University group was the importance of reading books.



# CONTACT US

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