

# Starfish

Starfish is a Salvation Army mentoring programme, supporting children and young people aged 9 to 16 in schools.

Could your corps or centre run a Starfish programme?  
Would you like to be a mentor?

The aim of Starfish is to make a difference to young people, one by one. This is inspired by the story of the man who – one by one – throws stranded starfish back into the sea. Challenged on what difference it can possibly make to the thousands of beached starfish around him, he replies, 'It made a difference to that one!'

Starfish is offered to local schools, free of charge, providing early help focused on emotional health and wellbeing. Working within a school's student wellbeing support, Starfish provides committed and trusted adults to work with young people who need some additional support, without which they would be at risk of not meeting their full potential.

Young people who benefit from mentoring come from all walks of life. Every young person has unique skills, talents and abilities, but not always the opportunity to flourish. Through the establishment of mentoring relationships, Starfish provides opportunities for young people to be supported, to develop positive personal and relational life skills, a healthy emotional wellbeing and to discover their potential.



More info:



To register:



Children  
& Youth

No one can be too old to mentor or not 'cool' enough. Anyone with time to give, ears to listen and an open heart can walk alongside a young person – an hour or so a week can be enough to make a significant impact.

Mentors will need to apply through The Salvation Army's volunteer recruitment portal, attend a two-day residential training course, complete iLearn online training, and have an enhanced background check. The time commitment is 1.5 to 2 hours per mentee per week, which includes a 45–60 minute mentoring session in school. Mentoring continues for an agreed period of time, often around ten weeks. In addition there will be some weekly paperwork. Mentors will be supported by the Starfish Co-ordinator throughout.

We are really excited about the impact that Starfish is having in our local schools with local young people.

## Get in touch to get involved!

## Starfish Outcomes



Increase resilience



Enable more positive friendships/relationships



Boost self-esteem



Improve behaviour (school and/or home)



Increase confidence and ambition



Improve ability to cope with post-COVID related challenges



Improve attendance engagement at school



Reduce feelings of anxiety

## Training 2026

**Module 1: Online (Coordinators only).**

**Module 2: Two-day residential at WBC.**

### Cohort 1

1: 24/O2, 7–8.30pm

2: 28/O2 – 01/O3

### Cohort 2

1: 21/O5, 7–8.30pm

2: 27/O5 – 28/O5

### Cohort 3

1: 08/O9, 7–8.30pm

2: 12/O9 – 13/O9



**Children  
& Youth**

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