



E-Series Stage 1

**12 Week Gender Based Peer led
Program delivered separately for men
and women to rebuild confidence,
resilience and sense of connection**



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Let us
walk with you;
As peer workers we have
lived experience to share,
empathy for your position,
appreciation for the
difficulties you face and
importantly respect for who
you currently are and for
the individual you wish to
be.

Program Overview: Building Confidence and Community Connection

The EMERGE 12 - week program is peer based, designed to aid and build confidence and self trust in individuals, who may be suffering anxiety and other psychosocial challenges in their life.

The EMERGE program is rooted in The Fellows Foundations ethical principals of INTEGRITY WISDOM and RESPECT. The objective is to foster social connection through confidence building and understanding.

At the conclusion of the 12 week program, participants should feel more confident in themselves, be more socially aware, have improved connection-building skills, and a broader understanding of their community and the opportunities it offers for social inclusion.

The EMERGE program is a step toward empowering individuals to overcome their anxiety and become active, connected members of their community.

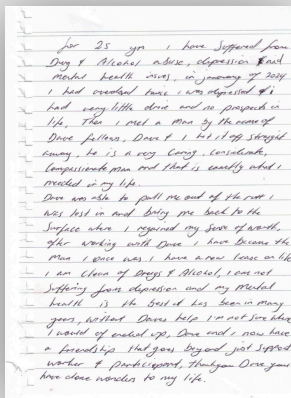
Goals	Description
Confidence Building	Developing self-confidence through F2F interactions gradually leading to tailored interactions with selected others at an appropriate pace for the participant.
Social Awareness	Gain an more rounded understanding of the social environment
Connection Building Skills	Rediscover methods to identify, establish and maintain healthy relationships
Community Appreciation	Develop a healthier understanding of the community and the roles various organisations perform in it
Ethical Principals	
Integrity	Promote Honesty and Consistency in actions and interactions
Wisdom	Value the application of knowledge and experience
Respect	Uphold the dignity of participants, foster an environment of mutual respect and empathy

EMERGE PROGRAM OVERVIEW

Week	Session Type	Description
1-4	One-on-One 2 sessions P/P P/W (More if mutually agreed)	Individual F2F sessions to build mutual respect, trust and understanding in order to develop mechanisms to support each individual participants capacity, determination and desired outcomes.
5-9	Group Sessions 2 x 2 hour sessions P/W 1 x One on One session P/W	Measured transition from individual to small group sessions, encouraging mutual respect, foster tolerance and the sharing of experience ultimately toward supporting each other
10-11	Community Integration 1 x 4 hour session per week 1x One on One session P/W	Emphasis shifts to participation in group activities in the community to create a stronger shared connection within the participant group and build an atmosphere that fosters a sense of belonging and higher self worth.
12	Graduation and Reflection	Group and Individual sessions to share, reflect, evaluate and celebrate progress of individual participants and the program overall. Participants will be supported in how to maintain their newfound confidence and offered opportunities to continue their personal development.

What the participants say;

Please take a moment to scan some of the unsolicited feedback received after working with individuals to assist them to EMERGE or Re-EMERGE using the same principles of this program.



For 25 years I have suffered from Drug + Alcohol abuse, depression and mental health issues, in January of 2024 I had overdosed twice I was depressed, I had very little drive and no prospects in life. Then I met a man by the name of Dave Fellows, Dave and I hit it off straight away, he is a very caring, considerate, compassionate man and that is exactly what I needed my life.

Dave was able to pull me out of the rutt I was lost in and bring me back to the surface where I regained my sense of worth. After working with Dave I have become the man I once was. I have a new lease on life, I am clean of drugs and alcohol, I am not suffering from depression and my mental health is the best its been in many years, since I first joined the army in fact. Without Daves help I'm not sure where I would have ended up. Dave and I have a friendship that goes beyond just support worker and participant, Thank you Dave you have done wonders to my life.

Thank you David for always believing in me. You have truly made my life shine better with courage.

I love how you operate, you not only hear us as "participants" over many years of professional help what I've seen and felt, is you are very different the way you operate your approach is very humanised and even while I go through my day you leave your impressions on me in the way where I now try and think before I speak and the snowball affect of that is that these children then listen and hopefully my modelling what I say will help them to become leaders within their own friendship groups. You truly are an inspiration for many, and very great in what and how you do this. I again will say thank you, I'm very grateful for our 2 worlds meeting.

Thank you for all your patience + tolerance as you have really help me grow on so many levels on my emotional journey.



EMERGE

you have really brought love, light and life in a way I'm not quite sure you could ever understand from the participants perceptions. You have been so patient and such a pleasure to walk alongside you and Sorry if this comes out wrong but a great roll model for me to observe from the most smallest things like saying thank you where it needs to be said, tipping a musician who's trying to earn a dollar, waving and thanking people for stopping at a pedestrian crossings to let us all cross even though the law says they have to stop, complementing people on the way they looks even though that person may not look any different, I see you must know that person needed to feel noticed, in such a small time that you have been working with me there is so much more I could mention but this message wouldn't stop, I just wanted you to know Dave from the bottom of my heart that I have noticed these things along with many others. Again I say a big thank you!

EMERGE is a most important first step in our E-Series of programs, participants completing the EMERGE program may chose to undertake the next step in the E-Series.

The E Series is a stepped program with each of the steps **Emerge, Engage, Enhance and Elevate**, structured to provide participants with a well crafted, natural next step progression toward their personal development and ability to achieve their individual goals.