

Jaleel' Story

Project K

The Graeme Dingle Foundation helps Kiwi Kids like Jaleel build resilience and self-belief with access to inspirational leaders and mentors when taking part in our programmes.

“Last year I was an idiot, I was doing things that I shouldn't be doing, and I had little or no respect for anyone, making stupid decisions, physically hurting myself because I was trying to deal with things that I was struggling with. I lost two very special people to me to suicide and because I hadn't dealt with it, I was lost and scraping by daily - this was affecting me in so many ways.

Through my Project K journey, I learnt how to make friends with people outside my circle, I learnt to give people a chance, I learnt to grow as an individual and how to hone in on my team-building skills, that's just to name a few things.

Amy, my mentor, didn't give up on me. We formed a unique bond; I can't explain it but I'm glad she didn't give up on me. I struggled with a few of my goals but after discussing with Amy we managed to adjust a couple and I managed to achieve them.

I believe that with the help of Amy and the Graeme Dingle Foundation I was able to find myself again and through our weekly catchups, whether it was doing one of our favourite walks/hikes or even our overnight tramps with other Project K mentors/mentees, I learnt to become mentally stronger, and I can now comfortably ask for help if I need it.

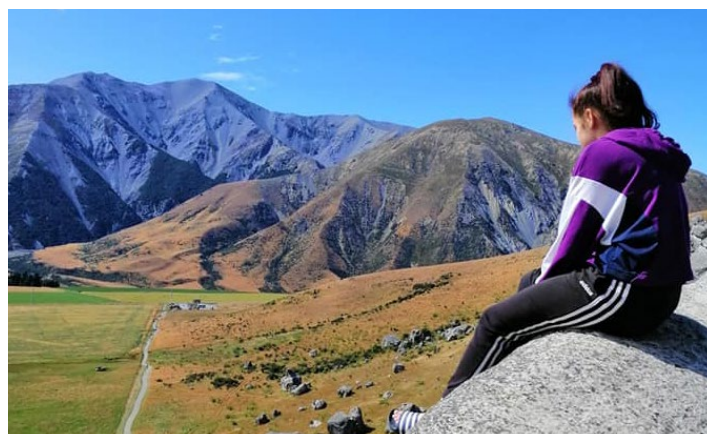
I'm proud of what I have achieved throughout that last 12 months and being

part of Project K is the most beneficial thing I have done to date; I have grown so much, and I often wonder what I would be like if I hadn't participated. What was achieved came from the help of Amy, Kat, Lucretia, and my Mum. They all believed in me and were there when I needed guidance and they need to be thanked again. This programme taught us HOPE and that we are WORTH more than we might have previously thought of ourselves.

I have to say I'm really proud of how far I have come with the help of my mentor Amy.”

The Graeme Dingle Foundation works with New Zealand's tamariki and rangatahi at different life stages, working directly with schools and communities through our programmes. Established in 1995, we are proud to be a leading Child and Youth Development charity.

The Graeme Dingle Foundation are looking for people who want to support New Zealand's youth by mentoring a young person. Help rangatahi like Jaleel by becoming a youth mentor. Go to magicofmentoring.org.nz and register today!



We want every child to know: What they have inside is greater than any obstacle.