



# **ACTION 4 YOUTH**

INSPIRING YOUNG PEOPLE



# Mentoring Project

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# Aims of the Project



The aims of the project are to:

- Improve educational attainment
- Provide strategies to young people experiencing low level mental health issues.
- Provide a safe space for the young people to talk.
- Help build self-esteem.
- Encourage the young people to take part in outside interests/hobbies within the community.
- Work as part of a multi-agency approach.

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Community Board	Expected Caseload Total	Caseload Total	Finished Caseload	Current Caseload	Wait List
Aylesbury Community Board	12	25	14	10	1

Referrals have come from

- Sir Henry Floyd
  - The Grange
  - Bucks UTC
  - St Michaels Catholic School
- We have also received referrals for young people that live in Aylesbury but attend schools outside the area or are NEET.

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# Referrals

Where and when do the  
sessions happen?

# What have the difficulties been?

# How do we track progress?

## Are people making progress?

### In 1+ outcome areas

Percentage of people making progress in at least one outcome area

100%

### In 2+ outcome areas

Percentage of people making progress in at least two outcome areas

100%

### In 3+ outcome areas

Percentage of people making progress in at least three outcome areas

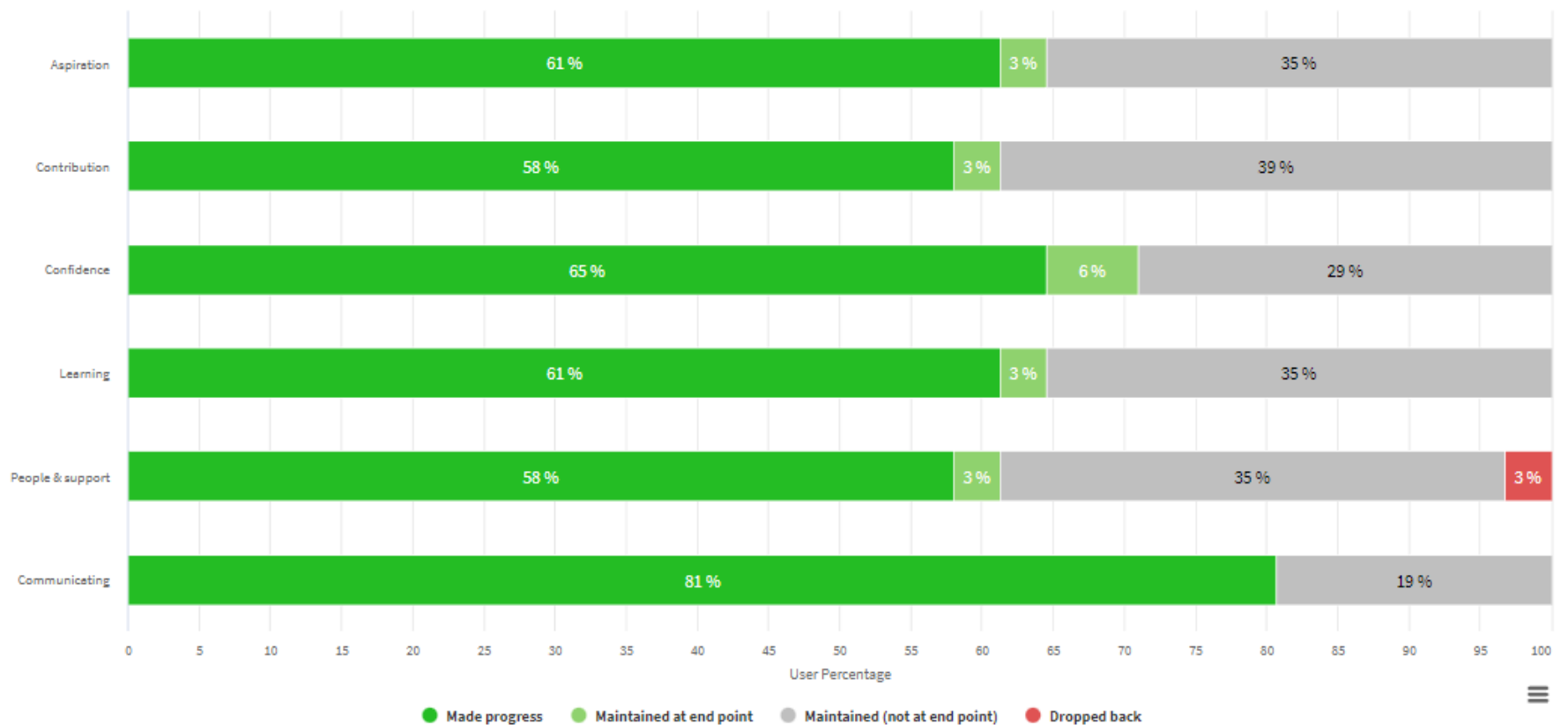
81%

### Outcome areas showing progress

Average number of outcome areas in which someone is making progress

3.8

## How much progress are people making in each outcome area?





# Case Study



B was referred for mentoring by his school due to low mood and a lack of motivation at school. Parents had recently separated so B, his mum and younger sister had moved out of the family home into new rented accommodation until something more permanent came up.

When I met B for our first session at school he said that he often feels quite numb to things and has lost enjoyment in almost everything he does.

After a few sessions I discovered that B is heavily into his health and fitness and was starting to explore his nutrition. I noticed during the sessions that B looked uncomfortable sitting in a small room talking so I decided that we needed to change the environment.

B talked about struggling with his sleep and was often very tired in the morning so I wanted to explore if him going to the gym in the morning rather than after school would help his motivation during the day.

We decided that once a week I would pick Harry up at 7:15am and drive him to the gym in town. On the way we were able to catch up and B was able to open up more about how he felt, as sitting in a car didn't feel as intense as sitting in a small room.

B opened up about his feelings towards his dad and the guilt he often feels now that he doesn't see him as often.

I started noticing when I would pick B up after the gym and take him to school, he was different. He was more chatty, more energetic and seemed much happier. B said he enjoyed the early morning gym sessions as the gym was quieter, so he was able to have a better workout and it helped him to wake up in the morning. It also helped set him up for the day in a better mood.

A teacher at school commented that Harry told her the mentoring sessions have really helped him to open up more and the gym sessions have helped him feel more motivated at school.

After 12 sessions together, B was able to take independence in planning to keep going to the gym in the morning himself, asking a friend to join him and was going to dedicate his summer holidays to his fitness.

**B's comment about the mentoring;**

'I thought that the morning gym sessions were really beneficial. I didn't feel like talking in a room was the right thing for me so the fact that we changed it and was flexible really helped'

A referral was also made, after I advised it, to the school councilor to help B carry on having someone to talk to. A referral to Family support was also made to help mum in continuing to support B.

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# Thank you for your time.

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