



UNLIMITED Mentoring report for year 2018-19

Unlimited mentoring works with secondary school aged students who have been referred to Unlimited for one to one mentoring support to help them improve their social emotional wellbeing. Reasons for referrals vary from anger management, behaviour, anxiety, self-esteem to problems at home. Once the young person is successfully matched with a mentor the mentoring relationship is reviewed every 6 weeks.

Quality, Outputs, outcomes, impact

- 7 young people mentored (6 boys/1 girl)
- Young people from 3 secondary schools (Worked directly in 2 schools and worked with a student from 1 secondary school outside the school setting)

Young people are surveyed rating each area below on a 1-5 point scale (1 being low support in that specific area with 5 being high support). Each score presented is an overall average.

- Dealing with problems: 4.7
- Attitude to learning: 4
- Confidence in school work: 3.7
- Relationship with peers: 3.8
- Confidence in social life: 3.2
- Controlling my emotions: 4
- Hope for the future: 3.7
- Well-being: 4
- Behaviour at school: 3.5
- Behaviour at home: 3.7
- Would you recommend an Unlimited mentor to a classmate?: 100% said YES

(NB some young people scored "1" not because the mentor didn't support them but because they didn't require support in this area. This has lowered the averages).

Students Comments:

- *'My experience so far has been great, my progress in my attitude at home has changed a lot for the better and my behaviour as well as changed for the better. I feel more confident in my social life now as well.'* (Year 7 Pupil)
- *'My experience of the mentoring has been very good it has helped me to control my anger and emotions.'* (Year 9 Pupil).
- *'The mentoring has helped out with worries about my future as well as insecurities and confidence. Jenny is very nice and supportive and makes me feel comfortable. I enjoy the mentoring and think that it may help me more in the future.'* (Year 9 Pupil)
- *'My experience with Unlimited mentor has been good because I can open up and talk to someone. My mentor has also helped me to control my emotions and how I act towards my peers and what*
- *to do to get them off my case. It has also helped me because I can now think carefully about what I say.'* (Year 7 Pupil)
- *'My mentor is a person that tells the truth about you. Doesn't lie to you and talks about the world how good it is and bad. He has helped me with behaviour, attitude, emotions.'* (Year 7 Pupil)

Head of Year 7 comments:

- *'I have noticed a significant difference in x, he is behaving increasingly more positive and confident. His whole self-esteem has improved and I had a meeting with his mother last week and she is noticing significant improvements with his behaviour and attitude at home too.'*
- *'With y there has been more improvements but still lets himself down every so often but this is more happening out of lessons now than in. When y is with his social group in non-lesson time he can still have arguments but are less heated than they used to be and far less aggressive.'*

Conclusion

It is difficult to measure the overall impact of a mentoring programme because of the wide range of issues covered. Taking this into consideration the scores indicate the mentoring has been very successful so far, this is evidenced by:

- 1) The "Dealing with problems" score with the highest score of 4.7, almost being perfect. This is also very encouraging because all the young people will be coming to the mentoring needing support with some form of a "problem" and clearly the mentors are providing this support to a very high standard (the lowest score given for this point was a 4).
- 2) "Well-being" averaging at a score of "4" which again is extremely high.
- 3) All areas rated an average score above "3" - all above the midpoint.
- 4) 100% of the young people said they would recommend an Unlimited mentor to a friend or classmates. These findings are reflected in the comments provided by the young people and a senior members of staff.

The comments from the head of Year 7 demonstrates the difference in issues being addressed by the mentoring with x needing support in confidence while y requires support with behaviour. The fact an improvement has been noticed by a senior member of staff is very strong evidence of the effectiveness of the programme. Given this evidence we are keen for young people from more schools to benefit whilst we still have the funding to offer the service for free.