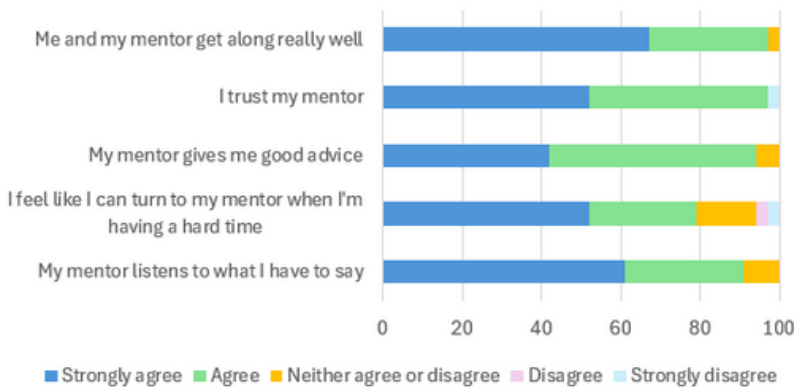


Welcome to our quarterly Update, bringing you up to speed with the latest news from Gloucestershire Mentoring Programme. This time, we're giving you an exclusive sneak peek at some key findings from our external evaluation, set to hit our shelves in February. And we're keeping you in the loop with what's on our radar for the coming weeks.

Insights from our Evaluation...

Research agency, Rocket Science led our official evaluation, which covered the period Oct 21, five months before our official launch, until Oct 23. Here's a snapshot of what they found:

Women/girls' feelings about mentors %



We impacted 269 girls and young women considered at risk of criminal involvement, helping 235 through mentoring relationships and 47 through pre-engagement support, including telephone mentoring. They mostly fell into the 12 to 16 age range.

- 47% of these young people have experienced social services involvement, either before or during their journey with the Programme.

- 94% of mentees found mentoring useful.

“

“Mentoring helps me to get everything out. I really trust my mentor and tell them things before I tell anyone else. Mentoring has relieved a lot of my stress and we have worked on my sleeping which is much better now.” [GMP Mentee]

“My mentor is amazing. I really feel safe talking to them and look forward to when I see them next. They made me feel heard and comfortable.” [GMP Mentee]

”

Evaluation Insights Continued

GMP mentoring is making a positive impact on how mentees feel about themselves, with outcomes in three domains: embracing healthier coping mechanisms; making more positive decisions; and forming positive relationships. The role modelling and opportunities provided by our mentors helped make these achievements possible.

Diving deeper into outcomes for mentees, findings showed improvements in:

- Feeling optimistic about the future.
- Feeling useful and being engaged in meaningful activity.
- Being interested in listening to and exploring the views and experience of others.
- Being able to think rationally, and logically work through difficult situations and emotions.
- Decision-making abilities.
- Problem-solving skills.
- Feeling loved, cared about, and connected to others.
- Having a sense of positive self-identity.
- Having a sense of wellbeing.
- Emotional awareness, and emotional regulation.

Amongst mentees, the most-commonly experienced Adverse Childhood Experience was emotional abuse (37% of mentees); this was followed by mental illness (36%) and witnessing domestic abuse (31%). The least commonly experienced ACE was homelessness (6%). In general, mentees reported experiencing multiple ACEs.

The evaluation also looked at the GMP partnership set-up. It found our flexible structural framework, openness and 'learning together' approach helped galvanise relationships, and our shared vision galvanised the partnership. We're delighted to have created a solid foundation for positive change, and we're pleased to report we're already building on it!

Get ready for a new website!

Look out for our refreshed website, set to make its debut in the next few weeks. Same web address but with a brand-new look and feel. Plus, a centralised referral process that will make it quick and easy to access the Programme.

A new recruit!

Young Gloucestershire has just appointed an additional GMP practitioner to take the lead in overseeing GMP service delivery in the North Cotswolds and Tewkesbury areas. The role extends to coordinating the development of agreed Programme practices for supporting higher-risk young people. We're looking forward to them joining us at the end of February.

Eyes fixed on the road ahead!

We're moving forward determinedly, committed to making GMP a continuing core offer for local young people at risk of becoming involved in crime. Along the way, we're keeping our eyes peeled for funding that will allow us to continue and eventually grow our current level of service. If you're able to help or signpost us on this part of our journey, we'd love to hear from you. Please get in touch with Jill Anderson: jill@thedor.org.uk.

Help us make a positive impact!

We're on a mission to expand our amazing team of volunteer mentors, and we'd love for you to help us spread the word. You can do this by sharing our Facebook and Instagram posts, and having a friendly chat with anyone who you think might be a great match.

We're looking for folks with a heart for understanding and supporting young people and an hour or so a week to spare. We'll get them covered on the training front.

If you know someone who might be interested, please point them in the direction of our website.

@Glosmentoring

gloucestershirementoringprogramme.co.uk

