

Allenton Big Local – Mentoring

Over the past 6 months we have mentored several young people from the ABL catchment area, 2 of these have been supported through the Allenton Big Local fund. See case studies below.

Case Study: BB

See table below for total number over engagements of the past 6 months

June	July	August	September	October	November	December	Overall engagements
3	6	4	5	3	3	3	27

Background & Context

BB was referred onto the Mentoring programme due to social exclusion around her personal health, Low attendance at school, and issues in the home around her family.

She lives at home with her Mum and Step Dad and her 4 younger brothers. Mum struggles with depression and anxiety. Step dad is in and out of work and the family home is overcrowded.

BB struggles with her anxiety and as a result, she self-harms on regular occasions. Her mental health is very unstable at times.

What has Enthusiasm done?

BB engages with a youth mentor. We have worked closely with school to support BB and her attendance by meeting with BB in school and being a support for her when things are difficult. We have worked on issues surrounding her low self-esteem, looking at confidence building, challenging her to focus on her strengths and her skills.

BB was a target for bullying due to having severe head lice and poor hygiene. As a result, we supported her and her family along with a social worker to get in to a routine of personal grooming, including applying treatment and showering daily.

We work closely with Mum and BB and the other agencies involved to ensure that BB has the correct support she needs, this includes her attending youth provisions at least 2 times a

week to get her out of her home environment to help her build positive relationships with young people her age.

What have been the successes?

BB is in year 11 at school she really values having the support of a mentor, having someone who she can talk to, and having a safe place at Enthusiasm through youth provisions.

BB has been supported to apply to college for her next step in her education.

There has been a lot of work completed with BB around mental health and wellbeing, in particular mindfulness. This has helped BB learn how to manage her mental health and although she is still self-harming, she is now able to talk to mum and ask for help. This is a huge step in confidence for BB.

Any drawbacks & how these have been addressed?

BB struggled to engage for a few months on a one to one level. She was invited to the youth groups in her area, and we continued to speak to mum through this period. BB realised that she still needed support, and she is now engaging really well.

Case Study: NN

See table below for total number over engagements of the past 3 months

October	November	December	Overall engagements
5	4	3	12

Background and context

NN lives with her Nan and Grandad. Both her mother and father tragically passed away 2 years ago. She grew up in a travelling environment and has never stayed long in one place.

NNs Grandad has recently had a stroke and is currently on a hospital bed in the front room. NN spends a lot of time caring for Grandads needs.

When NN moved to Derby to live with Nan and Grandad, she really struggled to develop positive friendships and found herself becoming isolated and getting in to fights. She soon found herself permanently excluded.

While NN was excluded from school, she began causing Anti-Social behaviour and was placed on an Acceptable Behaviour Contract.

What has Enthusiasm done?

NN has engaged really well with her mentor. She has completed workshops that have helped to build her self-esteem and confidence, this has especially helped when getting NN back into mainstream school and recognise unhealthy relationships. NN has engaged in work around causing Anti-social behaviour and the consequences involved with it.

What have been the successes?

NN is now back in full time school at a new school in Derby and settling really well. She is engaging really well and has a positive friendship group.

NN is accessing peer support from the young carers group allowing her to realise that there are other young people in similar situations.

She is no longer causing anti-social behaviour and has been taken off her ABC.