

Appendix 3 – Case Study

Catch22, Suffolk Positive Futures Triage & Mentoring Project

Catch22, Suffolk Positive Futures have been involved with delivering a triage mentoring project on behalf of the Suffolk Youth Offending Service. The 12 month pilot was launched September 2012 and has recently been completed.

The purpose of the triage mentoring pilot was to provide a mentoring relationship that will be beneficial to the mentee in improving social functioning, educational attainment and aspirations. The main outcomes being sought from the project were:

- Reduce the number of first time entrants to the youth justice system
- To reduce offending and re-offending rates
- To improve life chances for young people either within or at risk of entering the youth justice system
- To offer the opportunity to younger mentors to provide pro-social modelling and coaching that may at a later date become the basis to develop a peer mentoring service

Our role in the project involved working with the young people and mentors on a fortnightly basis to engage them in a sporting activity. The session provided the opportunity not only to introduce the young people to sport and the health benefits of this but also to provide a platform for the relationship between the young people and mentor to develop.

All of the multi-sports sessions were delivered at 'Goals Ipswich', an excellent facility enabling our staff/coaches to deliver a wide range of sporting activities. The sessions were led by the young people in terms of deciding what activities they wanted to try and this included Football, Dodgeball, Table Tennis, Badminton and Basketball, Short Tennis and on occasions specialised coaches were on hand to deliver activities, such as Trampoline and Archery.

For each of the Positive Futures sports sessions the young people were accompanied by their mentors. All the mentors are volunteers with the Catch22 mentoring service and they have weekly contact with their mentees. The mentors are very supportive and their time is spent helping the young people to gain skills and confidence, which will help at school, college, work and in their social lives.

The project involved young people in the age range of 10-15 and at an early level of involvement with the youth justice system (currently up to final warning level). This is where the research had shown a strong mentoring relationship to be most effective.

The sports sessions were largely well received the young people including those who were not particularly sporty (or had previously engaged in sport) but who were happy to be involved and give the sessions a go. This was shown in the case of Eboni 16 from Ipswich (One of the young people referred) who was not very sporty but particularly enjoyed playing badminton with her mentor and some of the other young people. As a result of the session she has decided to also sign up to attending an all girls sports session with Suffolk Positive Futures starting Sept 2013.

This is backed up by an Eboni's mentor Louise Bolton, who stated:

Eboni was always happy to attend although not always so keen to engage in the sports! She would make an effort with some gentle encouragement however.



The enthusiasm, enjoyment and engagement of the young people throughout has been very evident and proved this project to be a success. The young people have also had the opportunity to improve on Team Work and Team Building, their personal discipline and fitness. This was very evident as we carried out a mid-term questionnaire with the participants;

Some of the quotes we received back from the questionnaire were as follows:

"The sessions were really good and enjoyable and they gave me an opportunity to learn more about communicating as a team, also to encourage rather than discourage"

"The multi sports sessions helped me get more motivated and I have got fitter, I would encourage other young people to take part in the sessions".

Further positive feedback came from Katie Raynor who was actually mentoring 3 brothers! Jack, William and James. Katie stated

I have mentored them for 3 months, they are so enthusiastic and enjoy themselves, they are all brothers so thought they would play up to each other but are so polite and don't complain once. They have been a pleasure to have attended even goals sessions

William, Jack and James are shown in the picture below with their mentor Katie.



The referrals themselves were predominately received via the Time to Change project which falls under the management of the Suffolk Youth Offending Service. It was important to get their views and opinions of the project and of the work we were doing with their young people. **Louise Thomas** from the Time2Change team commented

“All my young people who have been referred to the Catch 22/Positive Futures triage mentoring project enjoyed the sessions. Two of the young people in particular stand out for me, the first one was a 13year old girl who does not go out, has no friends outside school and hates sports, she preferred to stay in, draw the curtains and read or watch films. I had to really persuade her to partake in the mentoring activity, but after the first sessions she was hooked and ended attend all the sessions run by Positive Futures, she also went to other activities with her mentor which included the cinema, bowling and half a day training on health and safety, she never missed a session and got on with her mentor”



“The second was a boy called Steve aged 14, he really enjoyed the Positive Futures activities and also the male company each week, and after a few weeks of engaging in the sports project he started to go outside and meet friends, kick a football around like any other teenager, it really helped with his confidence”

Steve is featured in the picture, far left.

This pilot came to an end in October 2013 and although a larger scale evaluation is underway of the whole programme we feel the encouraging feedback above is a good indication of the impact Suffolk Positive Futures played in the scheme. There are plans for this project to continue with the Suffolk YOS, however in the meantime all the young people have been sign posted to new & other existing projects being delivered by Suffolk Positive Futures, in particular for the girls, an All-Girls Multi-Sports project which launched 17th Sept 2013.