

scottish mentoring network

SMN Annual Conference and Awards 2013



Scottish Mentoring Network held its annual conference on Thursday the 14th of November in The Old Sheriff Court, Glasgow.

Over 90 attendees representing more than 60 organisations from across Scotland were greeted by the opening thought provoking presentation from John Carnochan OBE from the Violence Reduction Unit. John first joined Strathclyde Police in 1984 and, on retiring in February 2013 as a Detective Chief Superintendent, he had accumulated a wealth of knowledge, experience, a library of tales of the greater Glasgow underworld as well as a well-honed sense of humour and irony. All of this was put to great use when he addressed the SMN conference in—appropriately—the Old Sheriff Court Glasgow. A co-founder in 2005 with Karyn McCluskey of the Violence Reduction Unit in Glasgow John had realised that a different strategy was required to bring about a sustainable reduction in violent crime particularly amongst.

Please get in touch with Sarah Barr, our Quality and Support Officer by calling 0141 559 5001 or email sarah@scottishmentoringnetwork.co.uk if you would like to join our growing network of mentoring projects in Scotland.

This involved working with the gangs and the gang leaders to offer alternatives to a life of crime. Not a soft option this involved partnerships with other agencies to offer training and guidance and the genuine prospect of a job at the end of it. The initiative proved so successful that the Scottish Government agreed within a year to fund the roll out of the VRU to other parts of Scotland.

Using the themes of redemption, meaningful connectivity within society, and, the “wicked problem”, John explored the correlation of deprived and disadvantaged early childhood experiences with the likelihood of becoming involved in the criminal justice system and in experiencing health inequalities including alcohol and substance misuse. Drawing on his experience of not only Scotland but his work in other countries John gave an enthralling and illustrative insight into the circumstances that creates cultures where violence can be fostered. He spoke about how preventative measures and positive action including training in such as parenting and life skills and the access to employment opportunities were so important if we are to have a chance of a more equal society. John applauded the work of volunteer mentors throughout Scotland who work selflessly to help less fortunate or disadvantaged young people achieve their potential.

In March this year John took up the role of specialist consultant at St Andrews University and continues to support the VRU as well as putting his immense experience to fantastic use as an advisor or trustee on various bodies working in the criminal justice and related areas. The genuinely warm reception given to John at the end of his presentation demonstrated just how much delegates had appreciated and enjoyed his inspirational talk.

Delegates then had the opportunity of attending a choice of 4 workshops in the morning on Applying for ‘Awards for All’ Big Lottery Fund Grants (Alastair Jackson, Big Lottery Fund Scotland), Building Resilience (Heather Zajac, Rock Trust), Supporting Young People in Care Through Mentoring (Priya Clarke, University of East London) and SMN Quality Award (Sarah Barr, SMN). Following a networking lunch a further 4 workshops were available on the SQA Accredited Mentoring Unit (Teresa Dolan, Training & Enterprise Development), Social Media ‘To Share or Not to Share’ (Fiona McAuliffe, YoungScot), The Impact of Mentoring on Young People (Xplore Peer Mentoring staff and mentors) and The Successful Journey from Client to Mentor (Caroline Graham-Read, One Parent Families Scotland).

The day was topped off by the presentation by Jacqueline Thomas, Chair of Scottish Mentoring Network of Recognition Awards to 13 projects and 2 mentors who had made an exceptional contribution during 2013. Highly Commended certificates went to RealLiving Mental Health and Older People’s Services, Visibility’s Visually Impaired Mentors, National Autistic Society’s Moving Forward Mentoring Scheme and Abriachan and Community Challenges, Apex Scotland.

Certificates of Continuing Excellence were given to the Kirkcaldy YMCA’s Plusone Mentoring project, the Peer Connections Project at the University of Dundee and Lochaber Hope Mentors.

One Parent Families Scotland’s Peer Mentoring Programme received the Children’s and Families Award and Peeblesshire Youth Trust’s Achieve Your Potential Programme was awarded the Early Intervention Award 2013. Move On’s Mentoring Service received the Mentoring for Young People Award and Xplore Peer Mentoring was awarded the Peer Mentoring for Young People Award.

Tayside Council on Alcohol was crowned Project of the Year 2013.

Jane Kille from Volunteer Centre Edinburgh and Callum McKay from Xplore Peer Mentoring were both given special awards for their own personal contributions as mentors.

Jacqueline Thomas expressed her thanks to all the staff and volunteers who make these projects so successful.



Tayside Council on Alcohol *Scottish Mentoring Network Project of the Year*

Contact: Mark Harris

Email: Mark.Harris@alcoholtayside.com

Details: TCA has been developing and delivering mentoring services for 10 years and can consistently evidence effective engagement and delivery of positive outcomes for women offenders, persistent male offenders and young people. These outcomes include engagement with services, engagement with education and training, moving into employment, improved social skills, engagement with positive leisure activities.





Peeblesshire Youth Trust – Achieve Your Potential Programme

Early Intervention Project of the Year

Contact: Angie Preston

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Details: PYT offers an innovative preventative model of youth work with at-risk young people from the ages of 10-14. It connects young people with adult volunteers to offer a 6 week confidence building programme called Achieve Your Potential, followed by long term 1:1 mentoring. Children referred to us lack confidence and self-esteem, struggle with peer relationships, have poor emotional health and are at risk of disengaging from education. Children are referred from 4 primary schools to participate in a confidence building project run by a PYT staff leader and trained volunteers. The 6 week programme runs twice a year with between 7-10 children on each, followed by a 2 to 3 year 1:1 mentoring relationship where each child is supported through the transition to high school. Individual mentors are matched with a child and the 1:1 mentoring relationship begins. The 1:1 work encourages young people to reflect upon the tools and resources that they have in their lives - internally and externally - that they can call upon. Mentors then become an additional positive role model in the lives of their mentees, and are there to listen, talk, and increase confidence and to improve their physical and emotional health by linking the young person to new activities and opportunities in the community.





One Parent Families Scotland Peer Mentoring Programme *Children's & Families Award*

Contact: Linda Pople

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Details: The Teen Parent Peer Mentoring Service was implemented in 2011 as there was a definite need of support identified for young parents and pregnant teenagers in North Lanarkshire area. This particular client group faced many barriers including; stigma, poverty, isolation, confidence, inappropriate housing and lack of family support. The young parents receive one to one support from trained Teen Parent Mentors who had been faced with similar situations themselves. In 2012, the further development of the "The Young Parents Progression Pathway" allowed the young client group to be provided with peer support across all 3 stages of the pathway. Building on the success of the Pathway, the OPFS Peer Mentoring Model was developed and now operates successfully throughout several OPFS Projects in Glasgow, Lanarkshire, Falkirk, Edinburgh and Dundee.





Move On Mentoring Service *Mentoring for Young People Award*

Contact: Sara Ali

Email: sara@moveon.org.uk

Details: This service started as Move On began life 16 years ago as a young person's homeless charity. They worked with young people who were already experiences the struggles, barriers and the cyclical existence that come with being homeless. It was through witnessing how difficult is was for young people to Move On and thrive once in the cycle of homeless ness that the director decided they needed to take a different path and also work with people who are at risk of becoming homeless, becoming unemployed and not achieving a positive destination. If they could teach key living skills at a young age to those most vulnerable then perhaps they could help prevent young people be homeless in the first place. That was when they began the mentoring service. They have 2 mentoring service; they work with young people aged 15-19 who have experienced care/t after or accommodated/at risk of homelessness. They also work with young people 14-17 engaging with education, training or employment. The overall aim of both of these service young people who are most vulnerable, and providing them with the tools and experiences to build confidence and achieve their goals.

move on
unlocking your potential 



Xplore Peer Mentoring *Peer Mentoring for Young People Award*

Contact: Carie Burns

Email: carie.burns@dundeecity.gov.uk

Details: The project was set up after young people approached us saying they wanted to give something back to the service which had supported them. From this they developed the peer mentoring programme. They train young people aged 14 to 22 to become Peer Mentors, they complete a 26 week training programme which includes Certificated courses in Child Protection, Safe Talk and Assist training. They aim to provide a peer service to the young people of Dundee aged 11- 18 who may benefit from support from a peer mentor. Peer mentors also run a drop in on a weekly basis for young people to come along and take part in activities and meet new friends.



Highly Commended

RealLiving Mental Health & Older People's Services, LinkLiving

Highly Commended

Contact: Irene Blackburn

Email: Irene.blackburn@linkliving.org.uk

Details: RealLiving is the Volunteer Service of LinkLiving. We recruit and train people as Volunteer Mentors to assist people who are socially isolated or need some extra support due to their mental health issues.

By meeting with a Mentor regularly our members benefit from reduced social isolation as well as gaining confidence and self-esteem. Through this it helps our members achieve a greater independence and a better quality of life.

RealLiving also has two social groups of which members can attend as an add-on or as an alternative to the one to one support which we have found to be a good way to enhance the opportunity for meeting new people and further reducing their isolation.

We also aim to build the capacity of our volunteer mentors, offering training and support to meet their needs.



Moving Forward Mentoring Scheme, National Autistic Society

Highly Commended

Contact: Liam Gibbons

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Details: NAS are dedicated to supporting people with ASD and understand that employment in the current climate is something that is a big problem for many people. The scheme was set-up in order to support people with ASD as best as possible in finding employment. The project was set-up in conjunction with Prospects which is the employment service here within NAS to help young people with a diagnosis of ASD to get into employment. They work very closely with Prospects and they make referrals to us with mentees who are suitable for the project. The project is open to 16-25 year olds with a diagnosis of Autism Spectrum Disorder. The mentors work with the mentees looking at different skills needed for employment such as independent travel, interview skills, CV skills, social skills, organisation skills and time-keeping skills; with a main aim of helping the mentee into employment



Visibility - Visually Impaired Mentors *Highly Commended*

Contact: Anne Garry

Email: anne.garry@visibility.org.uk

Details: Visibility is the west of Scotland charity which aims to listen and respond to the needs of people with a visual impairment. They have been providing assistance in the form of advice and services for over 150 years. In 2008 they were awarded Lottery funding to deliver a project combating the social isolation of people with a visual impairment. Mentoring is one part of this project known as “Visible Communities”. This funding ended in June 2013 and the project had a short hiatus. In August 2013, Visibility was successful in securing new funding from The Alliance (formerly LTCAS) and the Agnes Hunter Trust to continue the work. The Alliance funding is targeted towards providing mentors for people with a visual impairment who are of working age. The Agnes Hunter Trust funding is to be used to provide peer mentoring for older people. The visually impaired mentors offer peer support and actively demonstrate that visual impairment does not mean the end of a career, the end of family life or the end of much loved hobbies and sports. The mentors also provide practical information and advice which assists people live independently and feel more confident in dealing with their sight loss.



Certificate of Continuing Excellence

Kirkcaldy YMCA Plusone Mentoring *Certificate of Continuing Excellence*

Contact: Linda Pearse

Email: linda.pearse@ymcakirkcaldy.co.uk

Details: PlusOne is a mentoring service run by Kirkcaldy YMCA. It provides early intervention to vulnerable young people aged between 8 and 14 years old in various locations in Fife. The programme was developed to target young people most likely to move further into the youth justice system and to do this at a stage of their development when change in behaviour and attitudes might be most easily achieved. Plus One seeks to reduce the number of children being referred to the Children's Hearing System by offering an alternative service. The mentor's role is to build positive relationships with the young people on a one to one basis, support them in making positive life choices and divert them into community based activities to increase confidence and self-esteem.



Lochaber Hope Mentors *Certificate of Continuing Excellence*

Contact: Alyson Smith

Email: alyson.smith@lochaberhope.co.uk

Details: Lochaber Hope is a Life Skills and Personal Development Centre, providing mentoring, counselling and employability support to the whole community, regardless of age gender or presenting issues. Having set up a mentor programme in 2006, they trained mentors in confidentiality, basic counselling skills and boundaries. The aim is to equip customers with the confidence, appropriate information and self-awareness, supporting them to make informed decisions and take responsibility in their lives, thus enabling effective participation in their lives, their families' lives, employment and community.



Certificate of Continuing Excellence

Peer Connections – University of Dundee *Certificate of Continuing Excellence*

Contact: Joan Muszynski

Email: peerconnections@dundee.ac.uk

Details: Peer Connections provides pastoral support to students at University of Dundee. It does this by a variety of activities: welcoming, buddying and mentoring. The most important aspect is mentoring which is done informally but forms the core aspect of Peer Connections. Students who may be struggling to settle in, or who are finding university life challenging benefit from having regular meetings with more experienced peers. They help the student to look at options, challenges and goals and then revisit these at regular meetings. By having this support students who may be at risk of leaving university are retained and their potential realised. The student volunteers who act as mentors also benefit from the personal development and the practice of transferable skills, as well as the good feelings generated within them from helping others. Being a mentor helps them with the development of their employability. Peer Connections engages mainly with new entrant students regardless of level but also supports students who are further along in the university programme if they are having some sort of difficulties.



Exceptional Contribution Mentor Awards



Jane Kille, Employment Mentoring, Volunteer Centre Edinburgh



Callum McKay, Xplore Peer Mentoring

Certificates of Merit

- **Flora Bennet – Move On Mentoring Service**
- **Chris Murphy— Kirkcaldy YMCA Plusone Mentoring**
- **Christine McCann—LinkUp & Plusone Mentor, Tayside Council on Alcohol**
- **Janet Prydie— Visually Impaired Mentors, Visibility**
- **Paul Beatton— Achieve Your Potential Programme, Peeblesshire Youth Trust**
- **Kirsty Ainsworth— Moving Forward Mentoring Scheme, National Autistic Society**