

Active in Mind England and Wales

THE STORY SO FAR...

i REACH



92

primary and secondary schools took part in the programme



1840

young people, including 460 peer mentors and 1380 mentees in the nurture group



How young people felt about taking part

Responses can be themed into:

- Fun
- More confident
- New skills
- More friendships / connections with others
- Helpful / helping others
- Included
- Trusted
- More active

“

I felt good because I got to talk to people and I got to be involved in something which made me feel useful because I took part in something.

I feel proud that I was chosen to be a part of the mentors and been trusted with the responsibility of helping others.

I feel glad to have had the chance to take part in this project and think that it has benefited me.

Good, I learnt loads of different techniques to control my feelings.

Responsibility for mentees, a leader for them and a guider. Self bettering myself in order to better others.

During the project I felt like I was making a good difference to the younger members of the group and help the more shy members come out of their shell a bit and made them feel comfortable taking part in the the smaller group activities.

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Benefits for mentees

Since being on the programme, I feel that I am...

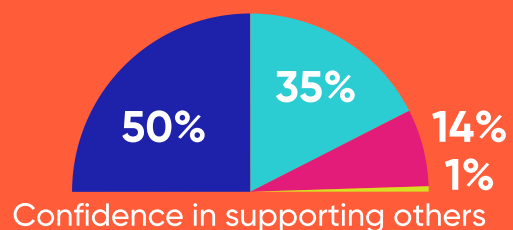
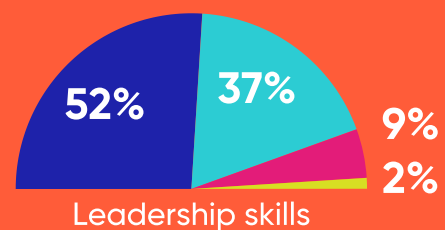
- 68%** coping better
- 65%** feeling more positive overall
- 65%** more relaxed
- 64%** more confident

I am now more confident of...

- 75%** trying out new things
- 67%** talking to others
- 64%** meeting new people

Sample size: 147 mentees

Benefits for mentors



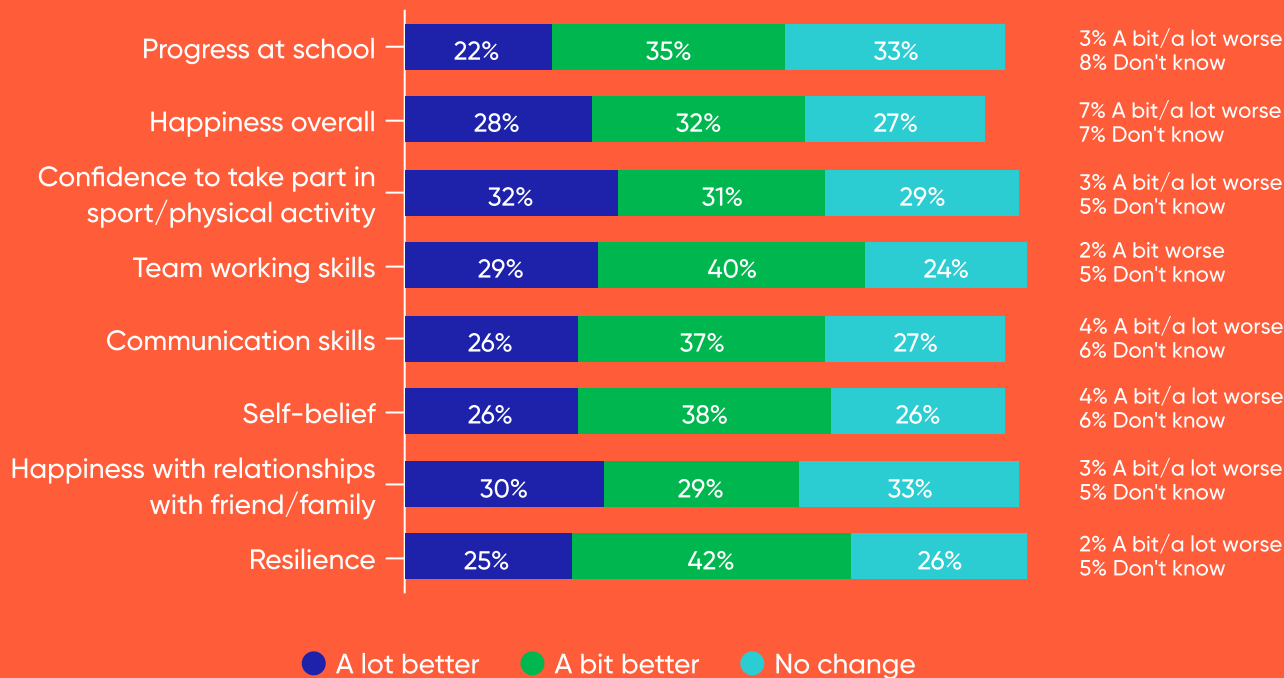
● A lot better ● A bit better ● No change
● Don't know

Sample size: 147 mentors

Active in Mind England and Wales



Has being involved in Active in Mind changed any of the following?



Sample size: 510 young people



Changes young people think they will make as a result of the programme

Responses can be themed into:

- More physical activity / sport
- Engage more with others / help others
- Better diet
- Improved skills, confidence and ability to be a leader

“

I think taking part in this project has made my mind think clearer and made me feel much more positive

Once I am settled in college I hope to volunteer with a local special needs group.

I was confident enough to join a team out of school

Stronger bonds with the younger year groups.

I think I will try to increase my physical activity for example going for walks and completing activities to help my mental health and body.

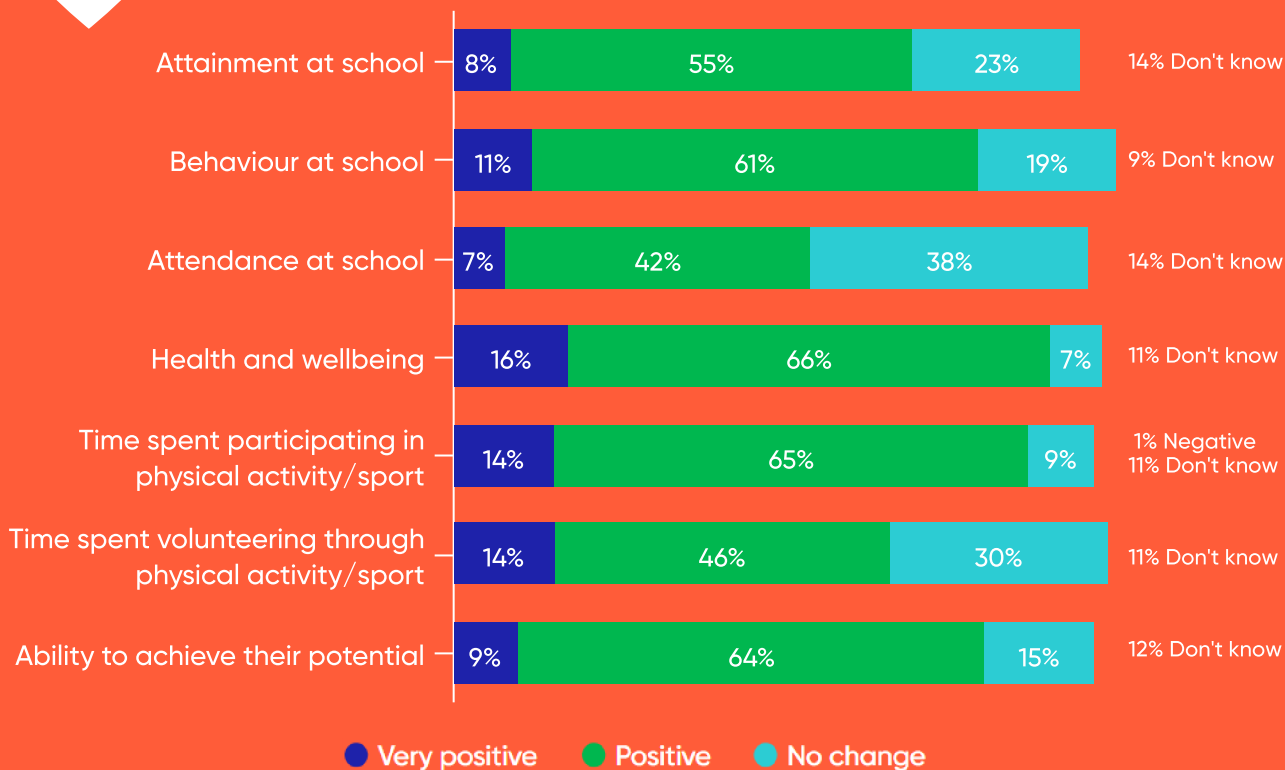
I will try and incorporate more exercise and interactions with my family and friends, due to the fact that this challenge has helped me understand the importance of connections and an active lifestyle.

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How did the programme impact young people's health and wellbeing?

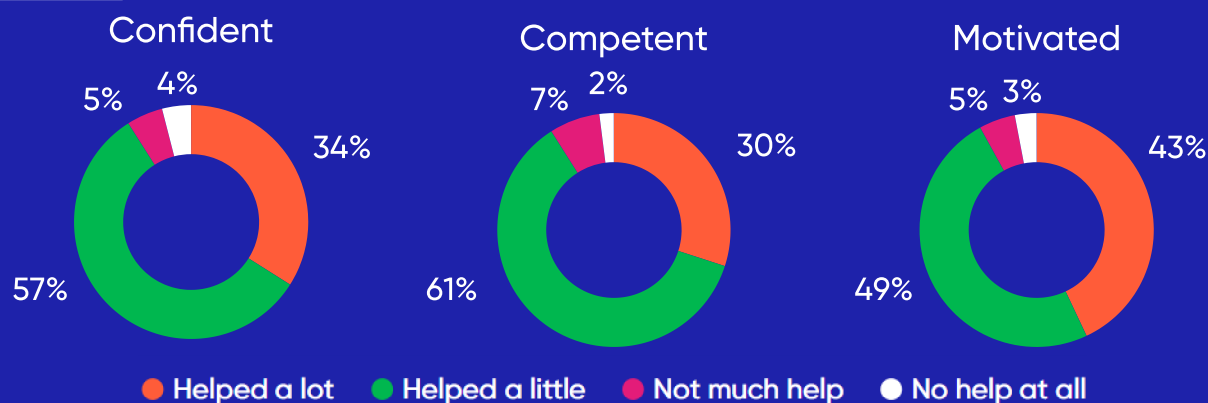


Sample size: 74 teachers



Benefits of the programme - Teachers' perspectives

How much did the programme help teachers feel more...



Sample size: 74 teachers

Wider school impact

As a result of Active in Mind, **77%** of teachers have made **some/lots** of improvements to delivery

90% of teachers report the Active in Mind programme has **helped** school staff's awareness of the value of physical activity to address the mental health challenges of young people **a lot/a little**

Sample size: 74 teachers