

Active in Mind

THE STORY SO FAR...

i REACH



39

secondary schools took part in the programme



780

young people, including 195 peer mentors and 585 mentees in the nurture group



How young people felt about taking part

Responses can be themed into:

- Fun
- More confident
- New skills (e.g. mentoring, leadership, team working skills)
- More friendships / connections with others
- Helpful / helping others
- Included
- Trusted
- More active



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

I feel very positive about taking part in this project as I was able to make more friendships and help others.

I have felt and still do feel extremely honoured and grateful to have taken a part in it.

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

It was good to help younger people to build their confidence.

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.



Benefits for mentees

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

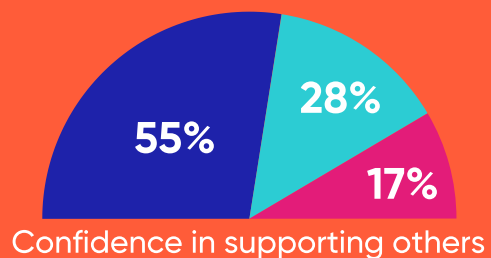
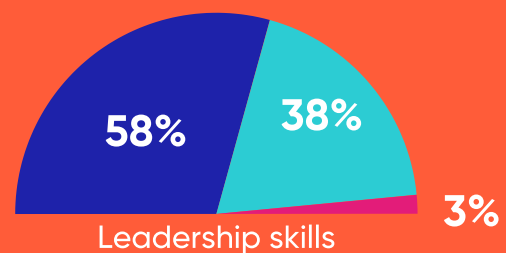
- 71%** coping better
- 68%** feeling more positive overall
- 64%** more confident
- 61%** more relaxed

I am now more confident of...

- 80%** trying out new things
- 66%** talking to others
- 64%** meeting new people

Sample size: 59 mentees

Benefits for mentors



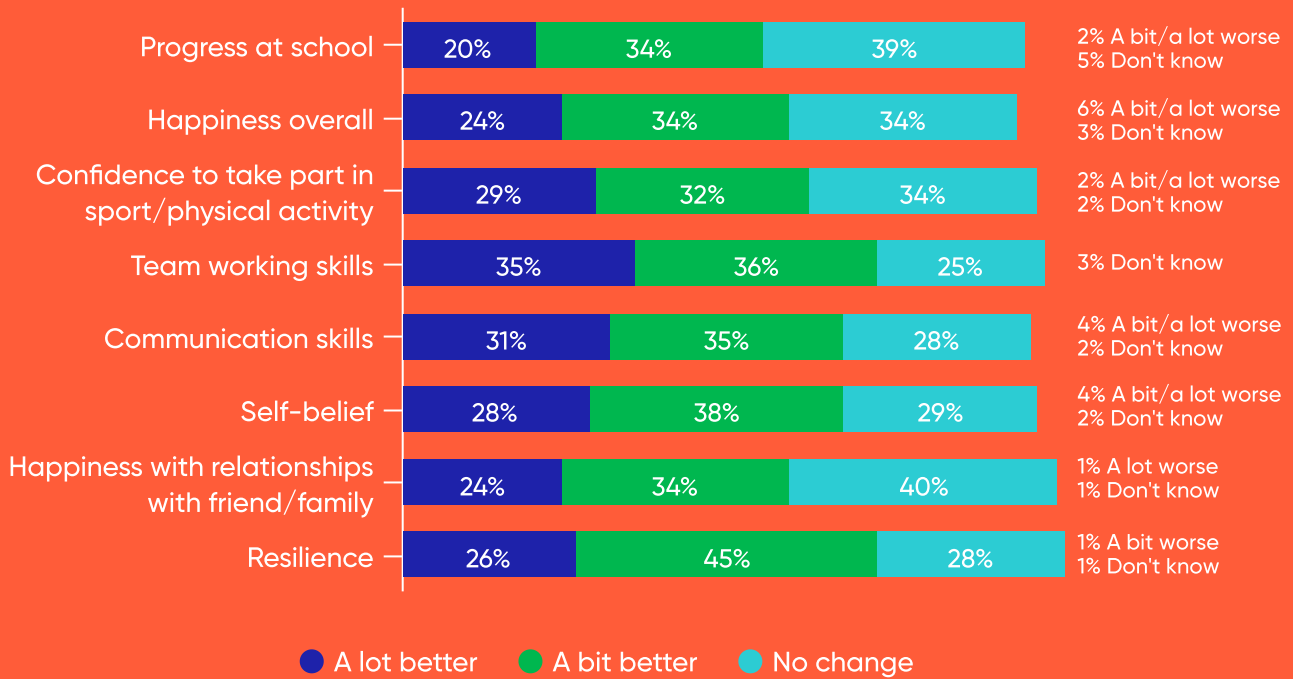
● A lot better ● A bit better ● No change

Sample size: 65 mentors

Active in Mind



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



Sample size: 173 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

“

If there was something I would change it would be my overall outlook on difficult situations - instead of assuming the worst and stressing over it, I feel now its better I split up the problem and seek help when I need it.

I think I will try more sports.

Stronger bonds with the younger year groups.

Try to be more active with others.

I can understand how to help and understand people who are suffering with mental health problems.

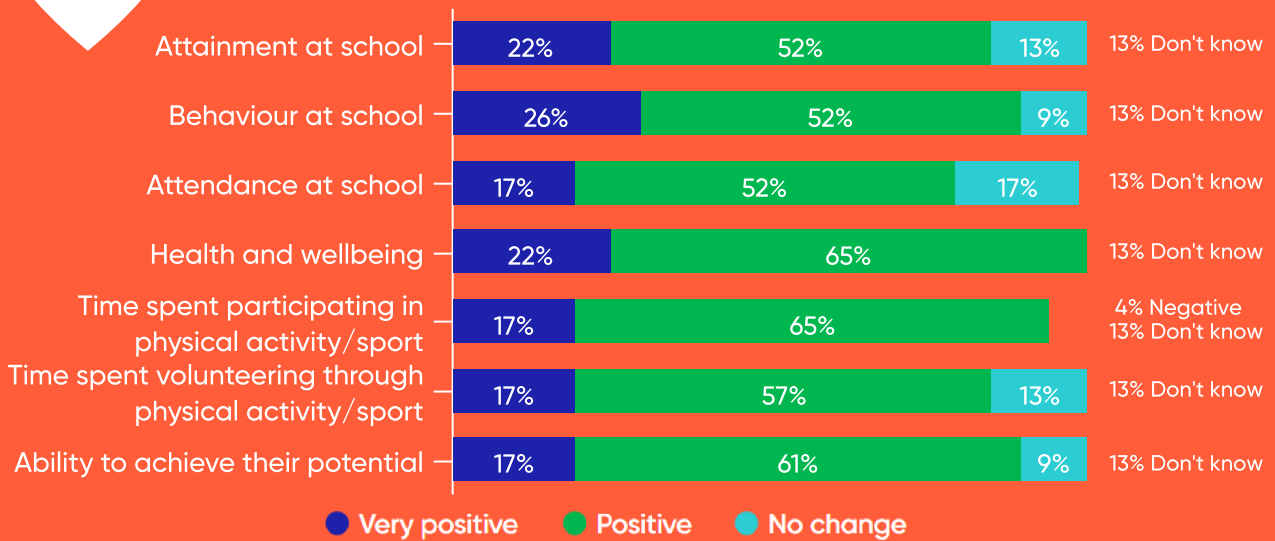
I was confident enough to join a team out of school.

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



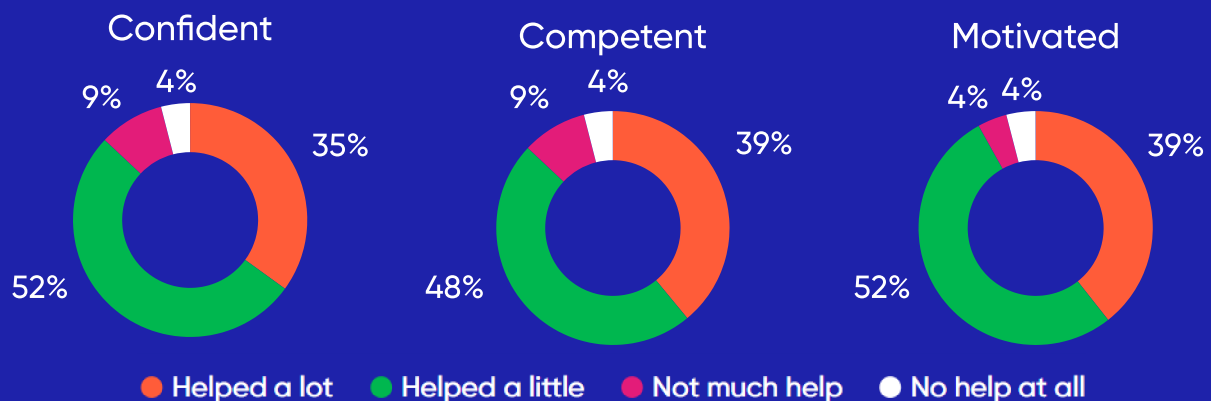
“ Enabled students to make new friends and meet regularly. They developed good relationships with the leaders. *Problem solving, willingness to work together and group working.* This has really supported student to help with mental health and strategies to support them in school. *One individual was very timid starting high school and didn't really want to attend. After speaking to his parent at parents evening, she was so pleased he had been involved. He was coming home and talking about what he had been doing, which his mum said he would never normally do.* ”

Sample size: 23 teachers



Benefits of the programme - Teachers' perspectives

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



Sample size: 23 teachers

Wider school impact

As a result of Active in Mind, **83%** of teachers have made **some/lots** of improvements to delivery

83% 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: 23 teachers