

Learning visit report, Chance UK 14558

1.1 Date of visit: 12/08/19	1.2 Name of visiting Funding Manager: Samantha Grimmatt Batt	1.3 People met with: GJ & SB
1.4 Programme Area & Outcomes: Improving Londoners' Mental Health \ More children and young people receiving specialist help, resulting in improved mental health		
1.5 Purpose of the award: £91,000 over three years (£27,700; £30,300; £33,000) towards the salary of a Programme Manager to deliver a mentoring programme and parenting support for children aged 5-11 in Islington, Lambeth and Westminster.		
Grant start date: 12/07/2018	Grant end date: 12/07/2021	
Project progress and difference made		
2.1 Project Outcome 1: Reductions in children's internalised and externalised behavioural difficulties, with 80% of children showing reductions by the end of the mentoring year, and 40% with no behavioural difficulty at all, measured by the Goodman Strengths and Difficulties Questionnaire* (SDQ), Progress made: Target met, and exceeded for the secondary element (52% of children indicated no abnormal behavioural difficulties after mentoring).		
2.2 Project Outcome 2: Increase in children's pro-social behaviour - showing kindness, empathy and volunteering to help others by the end of the mentoring year as measured by the SDQ. 60% of children showing increase. Progress made: Target exceeded (64%).		
2.4 Project Outcome 3: Increase in parental self-esteem and self-efficacy, measured by validated tools such as the Parent Empowerment and Efficacy Measure (PEEM). Progress made: target met: 41% of parents increased their self efficacy and ability to parent.		
Impact and learning: Funding Manager comments		
<p>Impact: The impact of this work is evident in both measurable, quantitative ways (the charity has met or exceeded all of the targets) and in less tangible ways, which are difficult to describe in black and white, but which staff and parents can see and feel in the everyday lives and interactions of the young people.</p> <p>The staff I met with warmly described the positive impact that creating a relationship based on trust can have. Many of the children receiving mentorship have been let down by adults in their lives, or only interact with adults on a professional level, so positive non contractual relationships with adult role models are invaluable. It can sometimes take up to five months for mentors to build enough trust for the child to be willing to travel away from the home area. But with the mentor's support, and particularly when the parent has been able to engage positively and strongly model that they are on board, there can be a huge change. This project is one of the only mentoring services which offer a family centred holistic approach to support, where parental support and guidance is offered alongside child support.</p> <p>Learning: This project represents Chance UK's core work and flagship project. GJ, CEO, commented that, more than previously, the extent and the quality of service provision</p>		

already available in the boroughs have a tangible and direct impact on the outcomes observed in the children accessing the mentoring service. This is largely because of the impact on the charity's ability to signpost parent and/or child to other relevant services, and provide a "warm handover". The grantee is therefore engaging in a geographically based collaborative which aims to work on this issue. It has also recorded that many parents report difficulties with social isolation, and as such is investigating the potential of putting in place a longer term solution that parents could access following the end of the mentoring process. Recent evidence suggests that children who have experienced domestic violence are at a higher risk from developing other issues later on, but that these issues may not present immediately. As such the charity now utilises a lower support threshold for children meeting this criteria. Finally, the children helped by your grant are often already deeply embedded within additional services. This clearly results in challenges for mentors, but it also results, for those that benefit positively from the work, in an even more impressive journey.

Knowledge: Children and young people, especially in the boroughs funded by your grant, are presenting increasingly higher levels of comorbidity/multiple presentations of complex issues, such as mental health difficulties, exposure to domestic violence, learning difficulties, etc. This charity estimates that complexity of need has increased substantially over the last 5 years. The issue of complexity has already been identified by the Trust, in collaboration with other funders, but there is still work to do and your impact and learning and Bridging Divides strategies should be informed by this as they are developed further. One of the complicating factors of it is that often (in as many as 20% of cases), even children seemingly presenting with only one "area of need" are later on receiving a further diagnosis of additional needs.

The trend of responding to/building mental health resilience, already identified by the Trust in the recent "ideas please" programme, is also being highlighted in ChanceUK's strategy, with work planned in collaboration with Barnardos.

Total assets: The charity is constantly seeking new mentors and volunteers, the Corporate Volunteering Manager has been informed in case of potential opportunities.

*the most widely and internationally used measure of child mental health.