

CASE STUDY

NAME: E

AGE: 14

PROJECT: 1:1 MENTOR

FAVOURITE ACTIVITY: MMA

E'S JUMP START STORY - BACKGROUND

E has been part of the Jump Start programme since March. He was nominated to us by the Family Intervention Service. Due to the COVID-19 outbreak the mentoring process took place over a series of months. In this time he was in contact with his mentor virtually and met in open spaces when restrictions were eased. There were many professionals involved and trying to engage with E however with little engagement from E many of these cases and referrals did not go much further than initial meetings. E shares a room with his sister who is one school year above him and has been previously excluded from school. His sister would often be out in the evenings and come back to the home or be found by members of the public in an intoxicated state. His mother also struggles with substance mis-use and Dad has been recently released from Prison and on probation.

Over the lockdown E reached out to his social worker and this resulted in the setting up of an Initial Child Protection Conference (ICPC). Prior to this E's SASP Active Youth Mentor attended many Team around the Child (TAC) and Core group meetings. It was noted that a positive for E was the engagement he was having with his SASP Active Youth Mentor through the Jump Start project with SASP. With the support of his SASP Active Youth Mentor E has successfully been integrated into a local Martial Arts club, as well as a regular attendee of the Jump Start Club too.

E'S JUMP START STORY - THOUGHTS

Prior to our intervention with E he admitted himself that he was not at all confident and would spend a lot of time at home on his PC or games console. He also found it difficult to find motivation to do anything – this included school, but also getting up in the mornings, even at weekends.

E said that since getting involved in the project he has felt much more confident in his abilities, seen an improvement in his mental wellbeing and enjoys the relief he gets from attending class sessions from home life – which can at times be chaotic. E is very proud of his achievements he has made since starting the martial arts club but also surprised himself in his ability to communicate with others and make friends.

E feels much more resilient when finding new things challenging. He talks about how he found the physical fitness part of martial arts really difficult, however by returning each week feels much better for it. He has also thrived on learning new techniques and wants to keep attending to get better and better.

He said how previously he would have spent time at home alone, not making friends or opening up about how he is feeling. E still struggles to open up about how he is feeling at times, however feels he has people he can trust and talk to if he needs too.

E feels much more positive about the future and his schooling. Albeit turning up late, his attendance at school is currently improving. He has also talked of making a career through martial arts potentially. Whether that is as an instructor or through competing. Before this his aspirations were very low and he had no aspirations to achieve anything in particular.