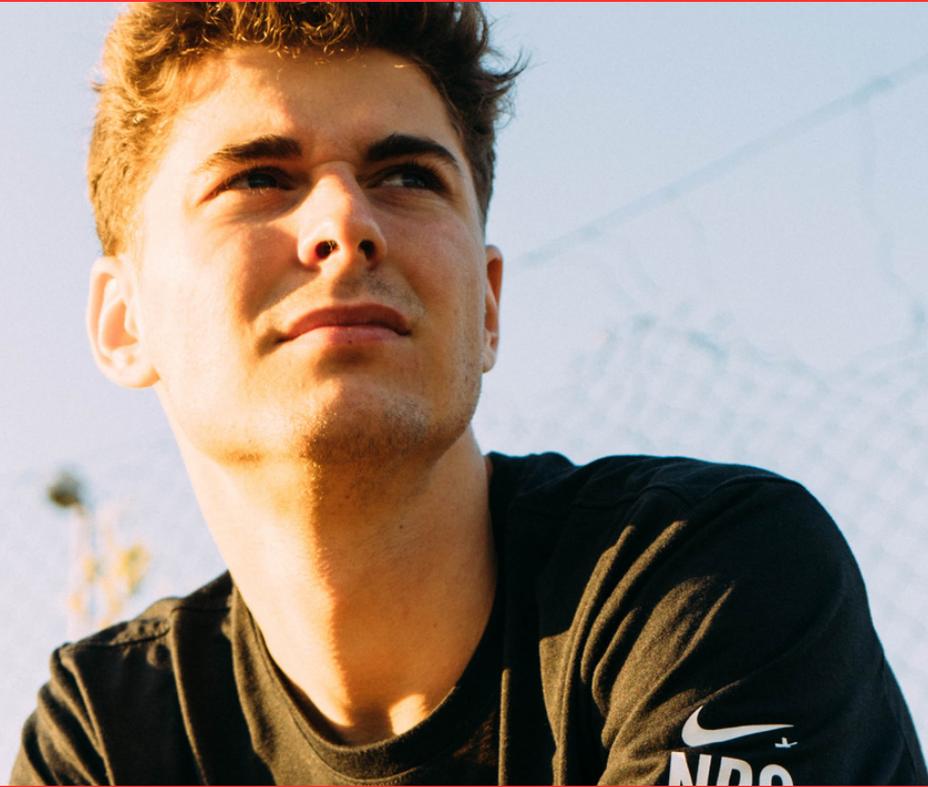


# CASE STUDY -

## Youth Mentoring Programme



### Finley\*, 15

Finley, a year 11 boy, was referred for mentoring by his mother due to concerns around him not attending full time education and becoming withdrawn and isolated.

#### BACKGROUND

Finley had already had many professionals involved with him throughout his life, he did not trust services and felt that nothing had ever helped him. Finley told me that he had struggled with peer relationships, challenging behaviour at school, and emotional dysregulation.

During our sessions it became apparent that due to Finley only attending school a few hours a week and having a one to one tutor he was becoming quite isolated and down.

Finley told me that he used to go boxing so I encouraged him to start going again. I supported Finley by taking him to his boxing session and stayed to watch. Finley showed a talent in the sport and he enjoyed it. The boxing coach even commented how much potential Finley has which helped boost Finley's self-confidence. Finley was concerned about travelling to boxing for each session, so I spoke to the coach and arranged for the coach to visit Finley at home.

During the time I spent with Finley he sat and completed his GCSE exams and started working full time as a laborer. Once he started working full time I started seeing Finley in the evenings to ensure he would still get his sessions.

Finley was keen to become more independent and one of the things he wanted to do was improve his personal space. Finley had not decorated his bedroom since he was a young teenager, so I supported Finley in helping him budget his own wages, buying decorating material and painting his room.

Finley also wanted to improve his nutrition so together we cooked a healthy meal that he could make himself regularly and gave him advice on a healthy diet, helping him make small but healthier choices.

I worked very closely with Finley's mum, staying in contact with her regularly, offering support and advise when I could. Mum would also keep me updated with things going on in Finley's life and any issues they were having.

**For further information on The Mentoring Programme please email [office@action4youth.org](mailto:office@action4youth.org)**



\*Name changed to protect identity