

# CASE STUDY -

## Youth Mentoring Programme



### Harry\*

Harry was referred for mentoring by his school due to low mood and a lack of motivation at school. Parents had recently separated so Harry, his mum and younger sister have moved out of the family home into new rented accommodation until something more permanent comes up.

#### BACKGROUND

When I met Harry for our first session at school, he said that he often feels quite numb to things and has lost enjoyment in almost everything he does.

After a few sessions I discovered that Harry is heavily into his health and fitness and is starting to explore his nutrition. I noticed during the sessions that Harry looked uncomfortable sitting in a small room talking so I decided that we needed to change the environment.

Harry talked about struggling with his sleep and was often very tired in the morning so I wanted to explore if him going to the gym in the morning rather than after school would help his motivation during the day.

We decided that once a week I would pick Harry up at 7:15am and drive him to the gym in town. On the way we were able to catch up and Harry was able to open up more about how he felt, as sitting in a car didn't feel as intense as sitting in a small room.

Harry opened up about his feelings towards his dad and the guilt he often feels now that he doesn't see him as often.

I started noticing when I would pick Harry up after the gym and take him to school, he was different. He was more chatty, more energetic and seemed much happier.

Harry said he enjoyed the early morning gym sessions as the gym was quieter, so he was able to have a better workout and it helped him to wake up in the morning. It also helped set him up for the day in a better mood.

A teacher at school commented that Harry told her the mentoring sessions have really helped him to open up more and the gym sessions have helped him feel more motivated at school.

After 12 sessions together, Harry was able to take independence in planning to keep going to the gym in the morning himself, asking a friend to join him and was going to dedicate his summer holidays to his fitness.

Harry's comment about the mentoring;  
"I thought that the morning gym sessions were beneficial. I didn't feel like talking in a room was the right thing for me so the fact that we changed it and was flexible really helped."

A referral was also made, after I advised it, to the school counselor to help Harry carry on having someone to talk to. A referral to Family Support was also made to help mum in continuing to support Harry.

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



  
**ACTION  
4YOUTH**

\*Name changed to protect identity