



YMCA MILTON KEYNES & NORTHAMPTONSHIRE

Youth Mentoring Impact

256 youth mentoring sessions delivered. Of those who completed the scheme in 2024/25:

100% had a greater belief in their own abilities¹

83% were more likely to engage in employment, education or training²

70% experienced an improvement in their mental health³

71% were less likely to engage in crime⁴

69% were less likely to use alcohol or drugs⁵

8.3/10 satisfaction score⁶

INSIGHTS:

Aim 1: Positive Role Model for Every Young Person

- Mentors are reliable, trusted:



"I have not been let down, even once, by my mentor. I have never had that before from... anyone" – age 24

- Role model exposure rose **33%**⁷
- Community activity grew **30%**⁸ - building lasting support networks.

Aim 2: Emotional Needs Positively Met → Potential Unlocked

- All reported more confidence / less anxiety
- Half improved emotional literacy:

“It doesn’t always need to be anxiety – could be anger, stress.” – age 26

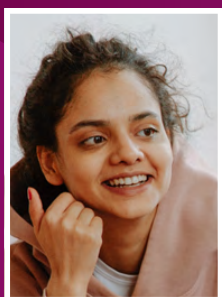
- Real-life impact:
 - Greater confidence in interviews, social situations & exams:

“I wouldn’t have done it alone. I think I’ll be able to get a proper trade and make money because of this project” – age 16

- 83% more likely to enter education, training or work
- 71% were less likely to engage in crime
- 69% were less likely to use alcohol or drugs
- YMCA holistic support: housing for over-18s provides safety + fresh start

These outcomes are achieved by developing social competencies that are essential in school, employment and transitional settings such as probation.

AMBER’S STORY:



Amber* experienced severe social anxiety and had not left the house in over three years when she was hospitalised following a suicide attempt. Later diagnosed with autism, she was referred into our mentoring scheme at a time when her confidence and hope were at their lowest. Through consistent, compassionate support, Amber’s mentor helped her build trust, recognise her strengths, and take small but significant steps toward re-engaging with the world.

With her mentor’s support, Amber secured a volunteering role and joined a specialist autism support group for adults diagnosed later in life. Her confidence grew steadily, and in her volunteering role she began taking on more responsibility, eventually running catering functions independently. Most recently, Amber spoke at a national conference, addressing a large audience of strategic leaders—an incredible milestone that reflects just how far she has come.

* name and photo changed to protect identity

¹ 23/23 people, the average increase in self-efficacy was 18.8%. ² 15/18 people, the average increase was 26.1%. ³ 16/23 said their mental health had improved over the last 2 weeks before their mentoring ended. ⁴ 5/7 people who had previously said they might engage in crime. ⁵ 9/13 people who had previously said they might engage in drug or alcohol use. ⁶ 23 mentor relationships completed. ⁷ from 6 to 9 people. ⁸ 23 people, average change from 8.7% to 39.1%.



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.