

The Power of Mentoring

"I really have no idea where I'd be without Coach – the answer to that scares me! The hours I've put in is crazy (6.30am starts, lunchtime, afterschool, weekends, holidays) – it has changed my whole life from being lazy and not thinking about how I could improve to where I am now. My grades at school have shot up and thanks to the commitment I have shown to the programme I have been awarded a scholarship in New York."

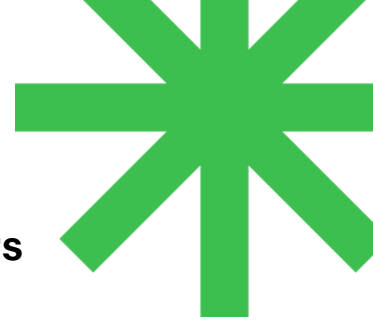
Sufyan, 16, Harris Academy St John's Wood



Contact: Ella Rogers, Philanthropy Manager
Email: ella.rogers@greenhousesports.org
Web: www.greenhousesports.org
Charity No. 1098744

Greenhouse Mentors

Helping young people fulfil their potential for 20 years



Greenhouse Sports are supporting more children than ever to fulfil their potential, by providing sports coaching and mentoring in schools for children who need us.

- We have engaged over 50,000 children since we started in 2002.
- 8,000 vulnerable young people are supported through over 60,000 hours of coaching and mentoring each year.
- Essential life skills are developed and engagement with education has increased, resulting in our most dedicated Greenhouse participants attending 14 more days of school per year.
- We have coaches based in over 65 primary and secondary schools across London, Leicester and Portsmouth.
- We work exclusively in schools with high IDACI score (income deprivation affecting children index) and 74% of our participants live in high deprivation.
- Our young peoples' sense of belonging is almost a third higher (28%) than others in the same schools.

The UK is in the worst cost of living crisis since the 1950s. Extreme poverty rates are rising and increasing food and fuel bills now means that 1 million households are existing on such a low income that they are considered destitute. Poverty removes fun and joy in a child's life, putting a good childhood and future at risk. Research from the London Child Poverty Summit has highlighted that one in five young people living in poverty believe that their life will amount to nothing, no matter how hard they try.



The positive influence of a mentor

Greenhouse Coaches can bring this fun and self-belief back. Our inspirational Coaches do not only deliver high quality, intensive sports coaching – they also provide mentoring support to those that really need it. This is vital, as meaningful relationships with mentors is incredibly powerful in supporting and improving the life chances of a young person experiencing poverty. Our track record shows that children can realise their potential through high quality, intensive sports coaching and mentoring delivered by inspirational coaches.

Greenhouse has 70 fulltime coaches embedded in mainstream primary and secondary schools across London, Leicester and Portsmouth. These coaches are the true magic of Greenhouse. They provide a consistent, dedicated role model for young people throughout their time at school, giving them a sense of community and achievement. Off the court, Greenhouse Coaches invest time in mentoring the young people on their programmes, both one-to-one and in small groups.

The schools Greenhouse Coaches work in areas of huge poverty, where children are more likely to be absent from school, demonstrate antisocial behaviour or be violent. Through the defined STEP framework, coaches are able to recognise these behaviours and support these young people to improve their Social, Thinking, Emotional and Physical capabilities. Mentoring is a fundamental part of this support.

We know our mentoring works, as our young people tell us that Greenhouse sessions are a huge incentive for them to be motivated about attending school. Last year:

- 49% of young people improved their wellbeing
- 67% improved their emotional intelligence
- 47% improved engagement with school
- 66% improved their behaviour within the first year of taking part.



Mentoring Hours Delivered

Every child should have a fair chance to succeed

We deliver mentoring sessions for our young people both on a 1:1 basis, and in small group settings. Our coaches work with school staff, including subject and pastoral teachers to identify which young people would benefit from this specific support. This is done on a weekly basis, or more frequently as needed. This provides our young people focused, dedicated time with a trusted adult, who is a consistent presence in their life through the school year, and across multiple school years.

Beyond these dedicated sessions, our coaches are mentoring the young people they work across all of their sessions – from improving sports specific skills, to modelling behaviour, to helping them to build their teamwork and resilience.

We are ambitious with our plans around mentoring. We are looking to diversity our mentoring support through an employability-focused programme with our corporate partners, to enhance and support the great mentoring work our coaches are doing.

We know how powerful a consistent mentor can be in a young person's life, and the difference it can make to the chances for success. We are launching the mentoring funding pot to raise the profile of our mentoring work and ensure our Coaches can continue to provide this vital support.

Academic Year 22-23	Hours delivered
Total Delivery	55,043
1:1 and small group mentoring	18,863
% of total delivery	34%
Costs (full academic year)	£680,000

Academic Year 23 - 24 to 31st March	Hours delivered
Total Delivery	41,645
1:1 and small group mentoring	14,222
% of total delivery	34%
Costs (full academic year)	£680,000

Your support can make a difference



Our work is entirely funded by voluntary income and therefore support like yours is vital to keep this work going. We know we can achieve more in partnership than we can alone.

Working in partnership with our supporters means that we can achieve our aims of supporting young people, and ensuring they are set up for positive futures no matter their circumstances in life, by providing them with consistent, dedicated mentors.

Without the mentoring Greenhouse coaches provide, young people would be attending fewer days of school and possibly even endangering themselves and others. We need your support to continue to deliver and grow our mentoring provision across our community of schools. If you would like to learn more about our mentoring fund, or support our work in this area, please speak to your contact at Greenhouse Sports.

Thank you for taking the time to read our proposal and we hope that you will consider supporting us and being part of our vision to give every child a fair chance to succeed using the power of mentoring.

