

London's Violence Reduction Unit

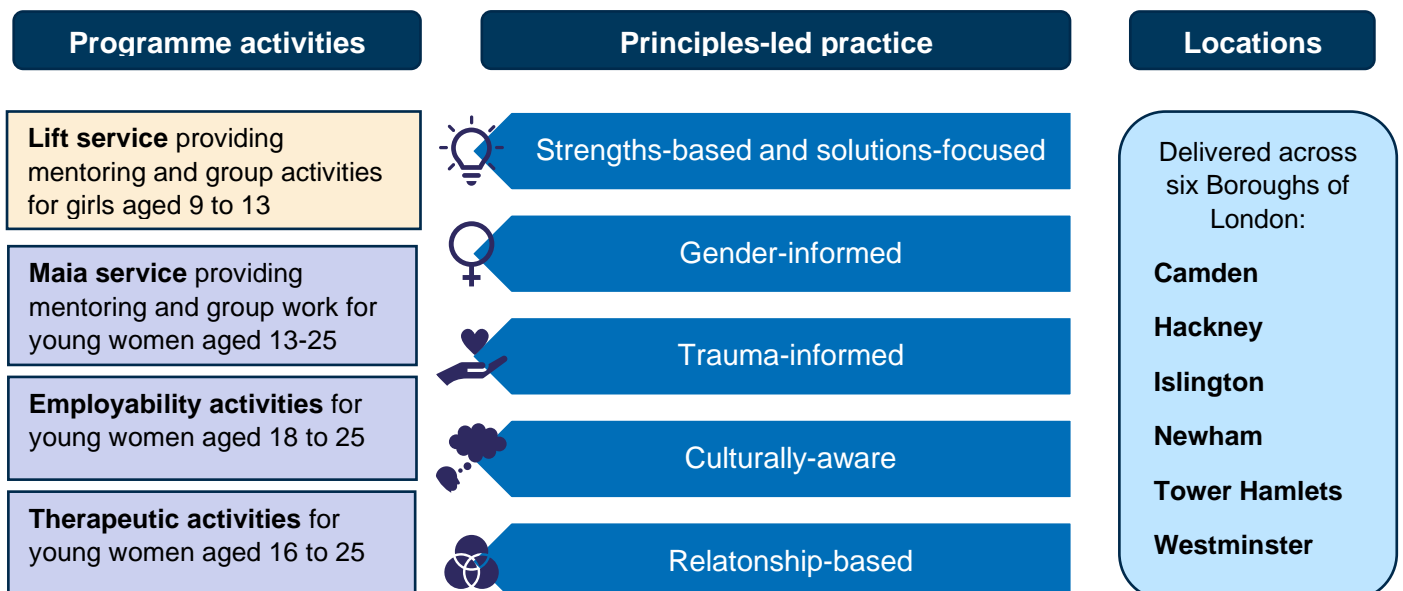
Evaluation of the Girls and Young Women mentoring pilot programme: Maia & Lift Summary report

This summary highlights key learning from the evaluation of the Maia & Lift mentoring programme carried out by Ecorys and Renaisi. Evaluation methods included: document review, Theory of Change, interviews, monitoring data analysis, monitoring systems consultations, outcomes data analysis, learning workshops. Limitations include: several errors in monitoring data, very low response rates to quantitative outcomes data collection tools (administered by the delivery organisations) and the short timescales of the programme to measure key changes.

About the Programme

London's Violence Reduction Unit designed the Programme specification to **pilot innovative approaches** that **filled a gap in provision for girls & young women aged 9 to 25** in London. The Programme ran between July 2022 and November 2023 delivered by a newly formed partnership of Advance, Chance UK, Working Chance and Woman's Trust.

Girls & young women could access the Programme if they experienced **contextual risk factors** related to Adverse Childhood Experiences, domestic abuse, mental illness, deprivation or drug and alcohol use in the home, being affected by serious violence, exploitation, disengagement or school exclusion, low wellbeing, challenging peer relationships and social isolation.



Partnership & multiagency working

Key strengths and challenges

The Programme provided the opportunity to test and learn from innovative approaches and a new partnership. Key findings related to strengths, challenges and promising practice included:

Strengths and supporting factors

- Testing new, innovative and flexible approaches
- Partnership foundations built and continuing to grow and improve
- Strong and positive relationships between staff and young people
- Network of referral routes established
- All organisations had systems that could support robust data collection

Challenges and areas of development

- Mobilising in short timeframes was challenging to recruit and upskill staff
- Delivering through a new partnership
- Time to establish referral routes
- Demonstrating unified outcomes through robust data collection
- Lack of referrals for therapeutic activities
- Peer based (group) activities on sensitive topics

Promising practices and approaches

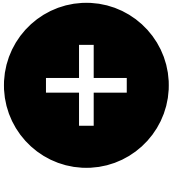
- Using principles-led ways of working and opportunities to develop whole-family approach
- Building referral networks and sharing understandings of at-risk GYW across the sector
- Providing positive, fun and exciting opportunities for girls and young women to engage in
- Positive engagement with parents/carers of younger cohort
- Practitioner forums to share learning and practice

Emerging evidence of outcomes

Emerging evidence from the evaluation shows promising indication of progress across key areas.

Outcomes for girls & young women

Evidence suggests that girls and young women were beginning to experience positive changes for a range of outcomes areas while they were engaging with Programme activities. Although, the quantitative data collection was limited, and questionnaires to understand outcomes had very low response rates. Nonetheless, analysis shows that girls and young women experienced positive improvements in:



Self-confidence, positivity, hopes for the future
 Mental health and wellbeing
 Relationship and socioemotional skills
 Making decisions and choices

Outcomes for delivery organisations

Despite the evaluation and the maturity of the Programme being implemented within timescales that could be too short to observe wider organisational change, data suggests that delivery organisations experienced the following outcomes:



Establishing relationships, referral routes and formal partnership working arrangements



Addressing gaps in knowledge, expertise and experience about delivering to a specific cohort and their needs



Beginning to work in a multiagency way with wider organisation's involved in a girl or young woman's journey

Outcomes for the wider system

The evaluation found that parents/carers observed improved family relationships, volunteers had greater training and understandings and organisations making referrals were grateful to have a Programme delivering to this cohort, where there could be a lack of provision across the wider sector.

Key emerging learnings include:

- ▶ Ensuring there is **sufficient time for mobilisation** of new programmes and partnerships to **establish a profile** and **connect with organisations who could make referrals**, as well as the opportunity to **test, learn and adapt** across the programme's lifecycle.
- ▶ **Principles-led practice** could support engagement with both girls and young women and parents/carers. Engagement was supported by **strong and positive relationships** with staff, and was enhanced by providing **new, fun and enriching opportunities** for participants.
- ▶ Programmatic data collection proved challenging across the programme despite organisation's monitoring systems having the capabilities for robust data collection. Data collection processes could be strengthened in the future to ensure the programme can understand its impact.

The evaluation found more learning and recommendations for London's Violence Reduction Unit and its partners, for delivery organisations and for data systems. More information can be found in the final evaluation report available on the VRU's Evidence Hub.¹

The partnership has been commissioned to deliver a **new programme for girls and young women**, providing the opportunity for the emerging learning to be embedded and to generate new insights for the wider sector.

¹ <https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/londons-violence-reduction-unit/our-research/vru-evidence-hub/girls-and-young-womens-mentoring-maia-and-lift-programme>