

## sixtyone **Sixty-One: “Helping offenders live free from crime”: October 2021 Update**

### **Context:**

SixtyOne is the founder of a Bristol city-wide partnership that supports prisoners before and after release. They enable individuals, churches, charities and businesses to provide the relational and community based support offenders need to live free from crime. This includes MentorMe which is SixtyOne’s biggest project.

The Trusted Executive Charitable Foundation (TTECF) has been supporting Sixty-One’s “Mentor Me” programme in Bristol since March 2019 with a series of grants totalling £27,170 (@Oct2021).

### **October Update:**

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#### **Continuing throughout Covid:**

Sixty-One, like many organisations, has been coping with the aftermath of COVID. There has been a very real and extensive impact on both volunteer mentors and mentees; particularly in building confidence to meet-up after the long separation and effects the pandemic has had on life in general.

The organisation continues to manage this through their regular newsletter and videos / talks to engage more people to think about volunteering.

Recruitment of new volunteers is increasing. A recent training course was full with fourteen new people going through the training; a further course has been planned for January to train still more volunteers.

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#### **An expanding impact:**

SixtyOne continues to thrive and the impact they’re having has increased too.

SixtyOne have appointed two new Project Liaison Officers for the MentorMe project. These new roles are helping SixtyOne to train more mentors, and to improve supervision of mentors by freeing up senior staff time. Senior staff can now invest more time with mentors in one-to-one and group supervision.

SixtyOne continues to act as a resource for other mentoring organisations, including providing consulting and training support. Recent partnerships have included an initiative to provide support for a wider cross section of ex-prisoners with diverse ethnic, cultural, faith background and mental health needs. Sixty-One is also working to help advertise, and offer training for potential volunteers.

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#### **A life transformed:**

A recent success story from SixtyOne demonstrates the value of a trusted mentoring relationship in offering a range of support for mentees.

One mentee had been supported by a particular mentor for a period of time but the relationship wasn’t working well. The decision was taken to re-pair the mentee with another mentor; this worked and the relationship blossomed.

As a consequence, the mentor was able to establish that the root cause of the mentee’s problems stemmed from a chronic back pain issue. Decisions were made to tackle this issue as a first step and so SixtyOne secured a grant to buy chiropractic treatment for the mentee.

Within weeks of having this therapeutic treatment both the physical health and the whole mental / emotional wellbeing of the mentee had improved.

The outcome to date is that the mentee no longer walks with a stick his life has changed. He is more upright, confident and has got himself a paid job as a cleaner. He still receives mentoring but is far more engaged and confident in his engagement.

These are great examples of members of a local community supporting those often considered the least through their integrity and benevolence (two of the “Pillars of Trust” <https://trustedexecutive.com/nine-habits-of-trust>).