

Mentor UK CHAMP AWARDS



2006 AWARD WINNERS

Hook Primary School Pembrokeshire, Wales

Winner of the 'Young People's Involvement' Category, received £10,000 prize and £10,000 worth of mentoring/practical consultancy support.

Pupils in a Pembrokeshire school realised they had to act when their sports day was nearly cancelled due to broken bottles on the playing fields. They set up a project to raise awareness that broken glass can harm wildlife, make the community look untidy and be unsafe for them to play in. With support from teachers, they developed these activities into a project covering all areas of how alcohol can impact on people's lives.

This grew from a project about litter in the village, to a project where Year 6 did some local research and identified other areas in the community where alcohol had become problematic: thus it grew naturally in its scope to include issues around alcohol misuse and how that can impact on everyone.

"Having taken part in the Mentor U.K. Alcohol Misuse Prevention initiative last year, which resulted in our school being awarded £10,000 first prize, we have developed a tremendous amount across the curriculum at school. First and foremost it raised the self-esteem of the pupils originally involved in the school project as they progressed into adolescence. Many other positive factors have emerged. May I take this opportunity of thanking everyone at Mentor U.K. for their support and good work in promoting this very important initiative to educate young people."

[John Roach, Head Teacher, Hook CP School, Hook, Pembrokeshire](#)

The Greater Easterhouse Alcohol Awareness Project (GEAAP) Glasgow, Scotland

Winner of the 'Schools Category', received £10,000 prize and £10,000 worth of mentoring/practical consultancy support.

GEAAP deals with peer pressure through classroom-based work with primary school children. It uses primary school activities to reinforce the idea of

Responsible drinking from an early age. The children are taught assertiveness techniques and ways of saying no and getting themselves out of pressurised situations.

Some of the distancing techniques for avoiding this include the children taking on a 'third person' persona, or the adult facilitator taking on the role of 'drinker' of the group.

In one role play session the children are given the option of being any age between 11–21 they then make their pretend cocktails and discuss what they are drinking, for example vodka and coke, soft drink, etc.

They discuss where they are drinking, who they are drinking with, and how many glasses they have drunk over the evening. The children then discuss with their peers whether this is responsible drinking or not, and what actually constitutes responsible drinking.

Through these sessions the children realize that there are no safe limits of alcohol use for under 18s and that being over 18 doesn't mean that you can drink as much as you like without risks.

"One of the most pleasing aspects about winning the Mentor UK award, in the schools category, was that we were selected as overall winner not only by a board of professionals but also by panels of young people from around the country. The award has led to requests for us to expand the number of schools that receive the program and we now offer alcohol awareness programs to the whole of the East of Glasgow. Other areas of Glasgow are also showing an interest. Since winning the award people are taking notice. Minds are being changed."

[Stewart McKay, Project Manager, Greater Easterhouse Alcohol Awareness Project \(GEAAP\), Easterhouse, Glasgow](#)

Time for Me West Midlands

Winner of the 'Communities Category' received £10,000 prize and £10,000 worth of mentoring/practical consultancy support.

This project provides support for children/young people who are affected by a family member's substance misuse. It provides a safe environment where young people can discuss concerns and worries and can receive guidance on keeping themselves safe, care for their personal hygiene, nutrition and well-being, peer pressure and education.

Staff and outside speakers/volunteers offer an opportunity for project members to enjoy being young and to learn new skills that will equip them for life i.e. cooking, needlework, physical exercise, first aid and safety in the home.

Young people can discuss their concerns about coming home and finding a parent collapsed through excessive drinking – even an eight year old can put someone in the recovery position. Looking at this through games and

activities and through shared experiences, they can become more informed and better equipped to cope with situations at home relating to the harm of alcohol. Sessions offered include coping mechanisms, personal safety, dealing with feelings, family life and anger management.

“Winning the award has bought us a great deal of recognition and has raised awareness around the issues faced by the children and young people who have alcohol using parents/carers. There is a sense of pride within the ‘Time For Me’ group that the members feel when anyone talks about the award; it is certainly an award that hits the nail on the head and that recognises all the hard work undertaken by everyone involved. Thank you so much for allowing us to share the work we do with others working in the same field.”

[Ava Williams, ‘Time for Me’, Halesowen, West Midlands](#)