

Mentee Case Study

About us

We are a voluntary organisation based in a rural area and provide support to local women who have all been impacted by the conflict in Northern Ireland. We offer advice, information, guidance, training and educational opportunities in local venues and help to articulate the voices of rural women on issues that matter most to them.

The need within our community

Engaging directly with our members, we identified a range of health inequalities experienced by the women we support including social exclusion and isolation, lack of access to health and other community services, financial difficulties and lack of transport. The onset of Covid-19 has worsened the health inequalities experienced by our members, with an increase in social isolation and loneliness as a result of lockdown and restrictions.

Why we signed up to the Elevate Mentoring and Grants (M&G) Programme

Covid-19 had a significant impact on our members and we were keen to be able to develop a programme of support that was designed to meet their needs and recognise the challenges that existed for them. We wanted to offer a programme that supported women to prioritise their physical and mental health with a focus on self-care and reduce social isolation by connecting women towards a shared goal of better awareness and understanding of self-care.

Our experience of the Programme

Elevate has been one of the most, if not the most, beneficial programmes we were ever involved in. Very often organisations with limited funding find it difficult to offer members services to meet their additional needs. This programme gave us the freedom to meet our specific needs. We enjoyed both the group and individual mentoring sessions facilitated by our mentor. The group sessions gave participants the opportunity to hear what other groups were doing and was incredibly informative and useful. If lockdown had not been in place, it would have been great to have an opportunity to visit the other groups and learn from their experiences. The individual mentoring was also a positive experience. It was reassuring to know that you could contact our Mentor and their team at any time.



The grants element was ideal. The Elevate team ensured there was support and flexibility when required. Sometimes grants are so restrictive that they result in a group's activities becoming funding led. This grant was beneficial in that it allowed us to determine our own needs and avail of the support from our mentor and the Elevate team.

Overall, our members reported that they felt their health and wellbeing had improved having participated on the programme and that they were better equipped to deal with issues as they arose. It resulted in members having a greater interest in their own health and wellbeing. It also helped us to further identify the local health inequalities and how they could perhaps be addressed.

