

A BAND OF BROTHERS OXFORD



Abandofbrothers Oxford received £12,500 from **Well Together** to provide mentoring, ongoing support and residential weekends for young men aged 18-25 who are at risk of being, or are involved in, the justice system.



Abandofbrothers is a national charity with a local branch in Oxfordshire. A diverse group of local men started up **abandofbrothers** Oxford to make a tangible difference in their community and the lives of local young men. Through honest connection within a circle of men, they encourage and support one another, enhancing the physical and mental wellbeing of those involved. They provide a rites of passage residential weekend for the young men followed by 12 weeks of one-to-one mentoring and weekly meetings. After this, the young men have ongoing access to weekly meetings (and at any other **abandofbrothers** meetings across England).



“I thought I would just give it a go. I’m glad I did. It was a good journey, I’d advise anyone else who is a young man to sign up.”

~ **Abandofbrothers** Mentee



MENTORING & SUPPORT

Abandofbrothers Oxford’s mentoring and residentials are focused, individual work with young men who have the most need for connection and support, and without which, may lose their way. Some of the supported young men have gone on to become mentors themselves within the group, continuing the positive work.



"LIKE WATCHING A FLOWER OPEN"



Through the one-to-one mentoring, ongoing support and intensive rites-of-passage residential weekends, **abandofbrothers** Oxford provide young men with the support they need to make the transition to an adulthood free of crime, and filled with a sense of belonging, connection and purpose. One mentor told us "One of the biggest problems in masculinity is feeling like you have to deal with things all on your own. [Mentoring] is almost like watching a flower opening, [they go] from being a closed down shell to being open to being supported."



In assessing the impact of their work, a recent **abandofbrothers** Oxford survey found that, of those young men who took part, 99% experienced an increase in levels of hopefulness, 92% became more confident about building positive relationships with others, 90% reported they have reduced their offending behaviour, 89% feel they have become more active contributors in their community and 88% improved the way they deal with anger and conflict.

"You learn a lot about yourself and other people, so it really helps with forming more meaningful connections."

"I can get really tired with what's going on with myself. I think there's a really important part which is about moving away from the things that were holding me back. They have been very open and supportive with everything. It's good to be 'in service' [doing community projects] - I feel like that's a good way to transfer my good energies and give the good stuff to other people, and that comes back, and it's a cycle."

~ **Abandofbrothers** Oxford Mentees

If you know a young man who could benefit, please get in touch on their website!



abandofbrothers.org.uk/communities/oxford-community/