

Impact Report

2022

2023



 **a band of brothers**



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Introduction

This report is ABandOfBrother's (ABOB) second impact measurement (IM) report based on data collected from our recently introduced Impact Measurement 2.0 (IM2.0) solution which went live in March 2022. This analysis describes the impact of participating in ABOB's programmes evidenced by the IM2.0 data we collected. As well as analysing responses from participants, this report appraises the IM2.0 process describing what could be 'even better if' (EBI).

There has been a significant improvement in the number of participant responses in this IM report compared to last year's (from 108 to 328). The reasons for this include that the first-year report was based on a partial year's worth of data and that the response process is now much more organisationally 'bedded-in'. Having a bigger dataset this year lends increased statistical significance to the results as the potential for outliers to skew averages has diminished. This year's bigger dataset has not significantly changed the picture of ABOB's impacts, which remains extremely positive across all measures and broadly similar to last year.

The main psychological ways ABOB helps its participating men are that it

- 1. Improves men's mental health**
- 2. Increases the number of healthy relationships men experience**

The main ways ABOB helps its participating men improve their life circumstances are that it

- 1. Better equips men to move into education, employment, or training**
- 2. Reduces men's offending behaviour**

The main ways ABOB helps the communities surrounding participating men are that it

- 1. Enables men to become more active contributors to their local community**
- 2. Makes communities a safer place for all**





Improving mental health

Men experience better mental health:

•97% experienced increased levels of hopefulness, motivation, and possibility about their lives

•95% felt improved levels of responsibility/accountability for their lives and actions

•96% increased their ability to clearly and cleanly express what was going on for them

•78% increased their control of addictions

Men said -

"It's helped me to see a bigger picture, a possibility for my future"

"Being able to own my thoughts and actions instead of blaming outside forces"

"Definitely - rather than keep things in or allow shit to go sideways. I express things better, more clearly, and get to the root of things."

**97% of men
experienced
increased
levels of
hopefulness.**



Increasing healthy relationships

Increases the number of healthy relationships men experience

- 92% became more confident about building positive relationships with others

- 91% had more people in their lives who support them through difficult times

- 90% improved the way they deal with anger and conflict

Men said -

"Helped me to break out of a self-isolating cycle and get back involved in the world"

"It has provided me with a community and built stronger relationships outside of this community also"

"It's helped me create space between myself and the conflict and given me the tools to deal with it effectively"

92% became more confident about building positive relationships



Equips men to move into education, employment or training

Better equips men to move into education, employment, or training:

76% were supported to take steps into education, employment or training

Men said -

"I feel more secure in my work with the knowledge of ABOB."

"Increased confidence in different situations, applying for a new job that I wouldn't have felt as confident in applying for."

"I'm calmer which makes it easier to not lose my job."

76% were supported to take steps into education, employment or training



Reduces men's offending behaviour

Reduces men's offending behaviour

•76% reduced their offending behaviour

Men said -

"ABOB has helped keep me on the straight and narrow by helping me see I'm accountable for my actions"

"Very few offences took place before ABOB, however nothing since my involvement with ABOB."

"Feeling a sense of purpose helps me to rethink my choices when I need to."

**76% reduced
their offending
behaviour**



Enables men to become more active contributors to their local community

Enables men to become more active contributors to their local community

•85% felt part of a local community

Men said -

"I feel part of something bigger than just myself"

"Feel good to 'belong' to something"

"Now I feel I'm to do with something good and positive rather than drugs and stuff before, which I did because everyone else seemed to."

**85% felt part
of a local
community**



Makes communities a safer place for all

Makes communities a safer place for all

•55% reduced their physical violence behaviours

•68% reduced their verbal violence behaviours

Men said -

"I've more space/time to tell myself what the consequences of my actions could be."

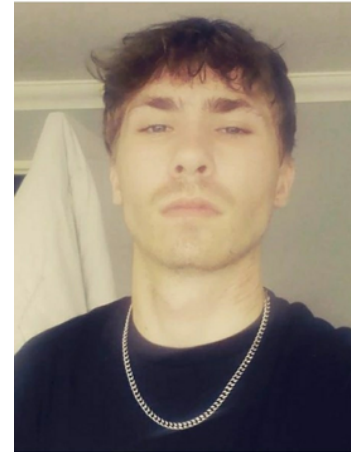
"ABOB has helped me redirect my aggression"

"Because I can talk about my feelings better I do that instead of lashing out physically."

**55% reduced
their physical
violence
behaviours**

Case Study :

Smithy-Jai



Tell us a little about your life?

I had a challenging upbringing. My mum was using drugs. I wasn't safe at home, my nan called the police and I got put in a care home when I was 13. I got into drugs from the age of 11 as a way of dealing with all of that.

What happened as you got older?

I got into selling drugs to make money and at 17, I was stabbed in the head. That was a hugely significant traumatic event in my life. One that I'm still dealing with now. It affected my mental and physical health. I'm still pretty limited in what I can do now.

And how was your mental health?

No one wanted to be around me because I was so unpredictable. I was very angry and I didn't know how to deal with it. I didn't understand why it was happening to me. I don't talk to my family now which has been a positive change. I have been diagnosed with complex PTSD and Autism, it helps to know that.

How was the rites of passage weekend?

I went in open-minded because I had no idea what was going to happen. It was hard to sit in a circle with new people but as I heard their stories, I felt a huge amount of relief. I no longer felt alone and we bonded. This group have helped me to become the man I want to be.

And what did you take away from it?

Controlling my anger was a huge thing for me. ABOB men taught me to have a healthy relationship with my anger. To release it in a safe space rather than in fighting with other men. I learnt to be empathetic with others. Hearing their stories, I learnt to put myself in their shoes. Autism stops me understanding other people's expressions so I had to learn what they all meant. I learnt to gauge how men are feeling when they are talking to me. I learnt a lot through the emotional sharing work, like not to hide my feelings.

Has being a part of ABOB helped you relate better to your partner?

Yes, it's helped me be able to communicate and explain myself so much better. I'm also on medication which helps keep me stable. I can say what I want now to her. I couldn't before.



Reporting improvements since last year

Issue	Improvement	Outcome
Some addiction, crime, and violence cohorts were very small in the first report. Results could have been skewed by outliers.	Three times as many snapshot completed this year compared to last	Increased statistical significance of our results. Previous results supported by new data.
Some reported crime rates were very high (>100 crimes in the last year) and we didnt know why this was the case.	A new follow-up question has been added which is triggered to find out the background behind very high crime rates.	Going forward we may be better able to understand very high crime rates.
Unclear calculation methods used in previous years IM report	This reports includes an appendix which details the calculation method used.	Improved reporting transparency leading to increased levels of trust.
No ethnicity data	Ethnicity data included	Increased understanding of the ethnicity in our communities



Even better if (EBI).....

EBI

Participation hours recording was 'patchy' and consistency across communities could be improved. Anecdotally it appears that participation data is under reported which could lead to inaccurate calculations in ABOB's value (as value delivered appears to be proportional to participation levels).

To date, the focus of the Impact Measurement work has been on measuring the specific impact of particular ABOB programmes (e.g. the 'Quest'). It would be even better if we could start to capture some of the value for men who attend communities beyond a specific programme.

We could improve the number of those who identify as Asian in our programmes. We currently have about 1% who identify in this way, compared to a UK average of 9%. For those that identify as black or white we reflect the UK national demographics of ~4% and ~80% respectively.



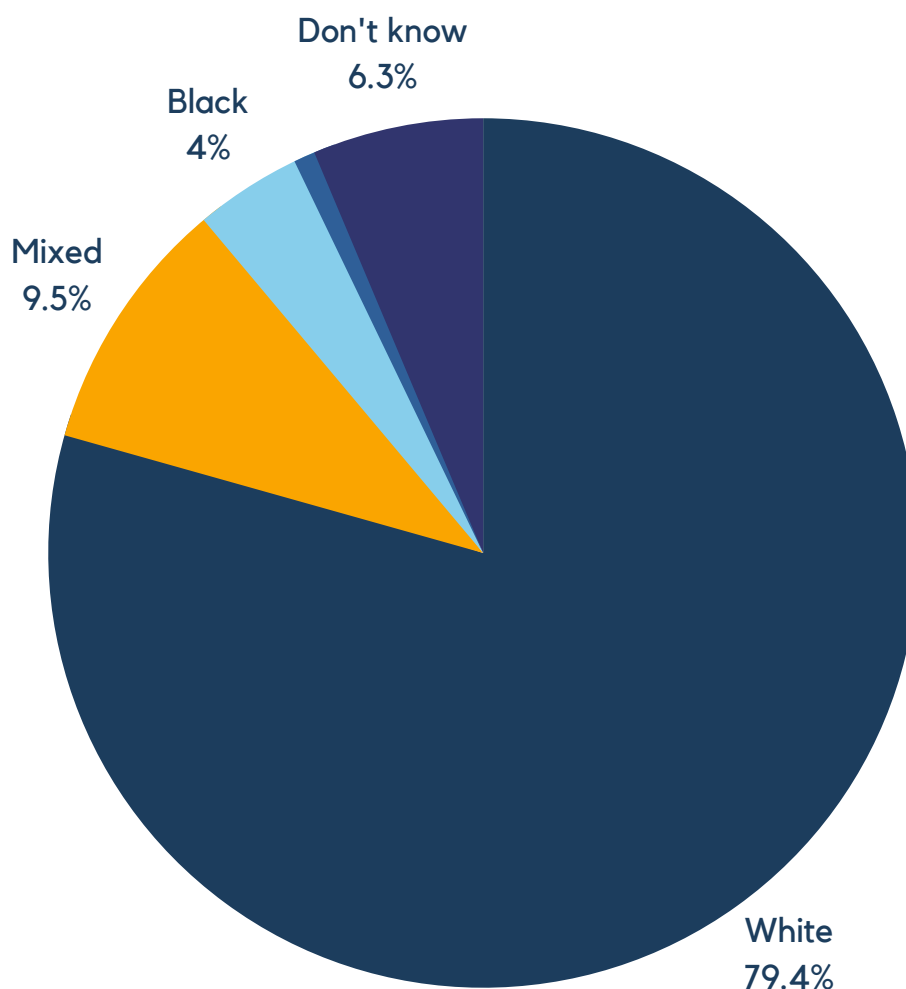
Appendix 1 - who are we reaching?

Numbers of men

Between 20/8/2022 and 3/10/2023, ABOB

- had contact with 432 men (272 young men 18 to 25, and 160 mentors).
- engaged 136 young men in mentoring (at least one mentor meeting).
- provided 1077 hours of mentoring (likely to be under reported as many ad-hoc hours are not currently logged)

Ethnicity of young men (smallest group is 'Asian 1%' - unmarked below)





Appendix 2 - calculation method used.

Method used

For each question in the snapshot survey:

Firstly, the men who said the question was not relevant or they were too new to ABOB to attribute an outcome to participation were excluded.

Secondly, the total number of men who attributed positively was calculated.

Thirdly, the total number of men who said ABOB participation didnt help with the outcome was calculated.

Finally, the number of men who did attribute positively was expressed as a percentage of all men who attributed (positively and negatively).

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All volunteer ABOB men who have contributed data to this analysis by conducting snapshot surveys.

All the young men who have been courageous enough to step into the programme to change their lives.

We thank you for your continued support in our programs.

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