***Manchester community:***

**‘Thank you for the mentoring, I’ve learnt how to become a stronger woman and protect my son. My mental health has become better, you have been amazing and I’ve never felt stronger’-KC**

**‘You’ve been a great help, you’ve made me feel normal again and helped me to move on. Thank you for taking the time to listen’- M**

**‘It’s helped in a lot of ways, most importantly with my mental health I feel more confident after the support’ -T**

***Manchester male prison estate:***

**‘The mentoring sessions have helped me think and feel more clearly. I had scrambled thoughts but the sessions have helped me feel calmer and more relaxed and see life differently’- NH**

**‘Thank you for showing me new ways to deal with my anxiety’**

**‘The sessions have helped me release my thoughts and feelings and helped me look at them in a new light. It has helped calm my mind-great conversations overall’-MC**

*HMP STYAL:*

**‘I have always felt weird and a burden to other people but you have helped me to understand that I can control my emotions and that it doesn’t matter what other people think. I really appreciate your time, thank you. I recognise that I’m not where I need to be, but now understand that there is support available and rather that saying I can’t, I say I can’t yet’-ZD**

***Lancashire:***

**‘My anxiety is released, I feel optimistic about my future and confident about putting my coping skills into practice’- CJ**

**‘I’ve realised not to worry and by making the right choices I’ll get to where I need to be’- AB**

**‘I feel in a much better place, the sessions have helped with my anxiety and depression’-KK**

**‘I have never thought about how I might come across to others, looking at how I would respond if others approached and talked to me in the same way, really opened my eyes. In changing the way I communicate with others, I really feel I’m finally being listened to’-D**

**‘Thank you for the 1:1 sessions which have helped a lot with various things, I wasn’t 100% confident about opening up at first but due to the mentor’s patience and willingness to listen, I’ve been able to talk openly and I have learnt techniques to help with anxiety’-J**





**Quotes and feedback from summer participants Achieve project:**

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