



Do you work with 16–25 year old women who are not in education, employment, or training?

Refer them to a project that will test a new approach to helping them to become more hopeful.

The Looking Forward Project is funded by the National Institute for Health and Care Research and approved by the Health Research Authority, UK.

What is The Looking Forward Project ?

We have been given some funding to evaluate a new approach to supporting the health and wellbeing of young women who are not in education, employment, or training. We use "NEET" for short. Our new approach is called HOPEFUL.

- The project aims to test if and how HOPEFUL works. To do this, we need to compare HOPEFUL against usual support. We will collect information about HOPEFUL to find out whether and how it works, and what young women think of it.

Who can take part in the Looking Forward Project?

Please ask for their agreement before you give us any personal information about a young woman. Please refer 16-25 year old young women who are NEET and who live in a project area: currently Brighton & Hove, East Sussex, Kent, Medway, Norfolk. If a young woman is currently at serious risk of suicide, we recommend they do not start the project at this time. If you aren't sure whether a young woman might be eligible, please contact us to discuss.

What is the new approach being evaluated?

HOPEFUL aims to increase hope - helping NEET young women to believe in themselves and their ability to work towards meaningful goals. We know NEET young women can often struggle with being hopeful. Yet we believe that through simple techniques everyone's hope can grow.

HOPEFUL is a package of video stories and activities. These are designed to help young women learn and practice the skills they need to be hopeful. HOPEFUL has been designed to be used with the support of a mentor. A mentor is someone the young woman already knows and would like to support them with using the package. Mentors will have training and supervision to help them support young women.

What does the Looking Forward Project involve?

- Each young woman will meet with the research team a few times - the time and location of these meetings will be flexible
- The young women will sign a consent form and complete some brief eligibility questionnaires
- If the project seems suitable for them at this moment in time, they will complete a few more questionnaires - called a baseline assessment
- Then each young woman will be randomly allocated to one of two groups

The young woman would start using HOPEFUL with the support of a mentor. The young woman and mentor would decide together how the mentoring would work. They would use the package for up to 16 weeks. They would also continue with any usual support they were already having.

HOPEFUL TOGETHER

HOPEFUL FUTURE

The young woman would continue to have any support they were already receiving. At the end of the project, they would receive access to the HOPEFUL package to use however they like.

- Each young woman would meet the researcher two more times to do questionnaires again - after 16 weeks and 12 months
- They might also be invited to take part in an interview to talk about their experiences of the project in a bit more detail
- They could receive up to £80 in shopping vouchers for taking part

To find out more or make a referral, visit our website behopeful.ac.uk or send a referral form: Safi (Sussex- S.Smith2@bsms.ac.uk), Arti (Kent- a.p.makwana-37@kent.ac.uk), or Zoe (Norfolk- zoe.inman@nsft.nhs.uk).

