Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Dr Catriona Stewart

SWAN: Scottish Women’s Autism Network
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Dr Catriona Stewart

in partnership with Scottish Autism
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Dr Catriona Stewart

in partnership with Scottish Autism

with additional support by the Forestry Commission in Scotland
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

to evidence the benefits of peer-led mentoring for autistic women and girls
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

why peer-support?
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

SWAN: Scottish Women’s Autism Network 2012
in response to research study 2011
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

SWAN: Scottish Women’s Autism Network 2012

in response to research study 2011

Key drivers for qualitative methodology and innovative methods:

• facilitation of the authentic voices of autistic girls with anxiety
• lived experience narrative
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Where can we be what we are?*

Stewart C 2012 Where can we be what we are? Good Autism Practice 13 (1) May 2012 Birmingham: BILD

*‘Home’ defined by Van Manen as ‘where we can be what we are’Van Manen *
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

UOW: a response to glaring gaps identified in education and pastoral care of young autistic women, gaps with lifelong impact on individuals as they have to navigate their way into adulthood in a world that doesn’t understand or accommodate them, often hampered by poor mental health and without the necessary tools for positive self-care.
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

why peer mentoring?
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Game changer?
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Game changer?
from - informing and advocating service providers and decision makers
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Game changer?
from - informing and advocating service providers and decision makers
to - empowering and enabling autistic women and girls
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

the programme
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

the programme

stages: design - conceptual, ethical, practical
building a pathway for participation
processes and protocols, risk, safeguarding
content
delivery

Dr Catriona Stewart Birmingham 2019
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

the programme

content: co-production model

mentoring training: Dinah Bennett OBE FRSA (ICEE)

autism training: Project co-ordinator, me

outdoors forestry bush craft, creativity, team building:
Craig Thomson Operation Play Outdoors

Dr Catriona Stewart Birmingham 2019
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

the programme

key outcomes:

- self identity
- confidence
- capacity
- citizenship
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

demographics
women aged 15 - 60
accessed through SWAN network and local school
ft employed; pt employed; unemployed;
ft parent; college student;
school student – in school, in school on reduced timetable,
home-schooled
range of sexuality and gender ID including transgender and non-binary
within reasonable reach of Glasgow (inc Inverclyde + Edin)
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation

Dr Catriona Stewart Birmingham 2019
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation

External: Yolanda Gibb Durham University
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation

External: Yolanda Gibb Durham University
reflexive
flexible
iterative
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation

External: Yolanda Gibb Durham University
reflexive
flexible
iterative
developmental
innovative

Dr Catriona Stewart Birmingham 2019
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

evaluation
ongoing feedback at every stage
reflective diaries (including co-ordinator and manager)
qualitative evaluation with interviews at stages throughout programme
entry interview - exit interview
existing QOL tool
building new QOL model specifically around the project
‘We had another amazing day in the Woodlands…we brought the mentor & the mentee groups together for a day of crafting, bushcraft & team building activities. A big thank you to Craig, of Operation Play Outdoors, our trainer, and to The Forestry Commission Scotland for ongoing support. Our day was described by one of our group as “magical mentoring”.’
Under Our Wing Mentoring Programme
autistic led peer support and empowerment

LINKS

SWAN website http://swanscotland.org/

Facebook Page https://www.facebook.com/swans.scotland/

Scottish Autism’s Right Click for Women and Girls
https://www.scottishautism.org/services-support/support-families/women-and-girls-online-support

Under Our Wing Mentoring Programme
autistic led peer support and empowerment

Thank you