

THE MENTORING MEN

LIFE AFTER SERVICE

CONNECTION AFTER SERVICE

A specialist mentoring path
for men serving in defence or
moving into civilian life.

BUILT WITH PARTNERS

Help build the programme,
additional mentor preparation
and independent learning with
partners.





ILLUSTRATIVE EVERYDAY SCENE

SUPPORT THROUGH TRANSITION

A PERSON TO TALK TO.

Service and the move into civilian life can change a man's routines, relationships and sense of direction. Regular one-to-one mentoring would give men space to talk about everyday life and what comes next.

Veteran referrals already reach MM. This proposal would add a targeted pathway and additional preparation for qualified mentors, alongside existing defence, veteran and specialist services.

PROPOSED COLLABORATION / SUBJECT TO AGREEMENT



THE CASE IN THREE LINES

01

A REGULAR CONNECTION

Free, non-clinical life mentoring would give each man a steady volunteer connection.

02

A CHOICE TO UNDERSTAND

Some may prefer a mentor with defence experience; others may value a view from outside it.

03

LEARNING WE CAN USE

The pilot would test trust, engagement and outcomes so matching can improve.

WHAT THIS FUNDING CHANGES

Build a specialist mentoring pathway for men in service or transition, then learn which kind of match fits whom.

WHAT PARTNER FUNDING WOULD BUILD

SUPPORT MEN. LEARN WHAT FITS.

Funding would connect practical mentoring with a credible comparison of mentor backgrounds.

01**PREPARE QUALIFIED MENTORS**

Identify MM mentors with defence and civilian backgrounds. Seek to co-design additional training for serving and transitioning men with RSL LifeCare, subject to agreement.

02**SUPPORT EACH MATCH**

Fund intake, participant choice, careful matching, supervision, follow-up and referral to specialist support when needed. Offer in-person or remote conversations as appropriate.

03**EVALUATE THE DIFFERENCE**

Fund a research partner, baseline and follow-up measures, lived-experience feedback and MM's capacity to support the study and apply its findings.

**THE DIRECT OFFER IS TO MEN IN SERVICE OR TRANSITION**

The wider aim includes stronger connection for families. Any family participation in research would need to be designed and consented separately.

A SPECIALIST PROGRAMME TO DEVELOP

PREPARE. SUPPORT. LEARN.

We would agree scope, locations, suitability, safeguarding and research arrangements with partners before delivery begins.



EVERYDAY CONTEXT / ILLUSTRATIVE IMAGE

01

GET READY

Confirm partner roles, prepare qualified mentors in both background groups, choose measures, and agree intake, consent and specialist referral pathways.

02

MENTOR

Offer regular one-to-one meetings, support the matches and collect baseline and follow-up feedback without turning mentors into clinicians.

03

USE THE LEARNING

Compare experiences across mentor backgrounds and use findings to improve preparation, matching and any next phase.

THE QUESTION BEHIND THE PROGRAMME

WHICH MATCH HELPS WHOM?

Shared defence experience might build trust for some men in service or transition. A civilian mentor might work better for others. We want evidence, not an assumption.

01

TRUST

How does mentor background affect whether a man feels understood and stays engaged?

02

EVERYDAY LIFE

What changes, if anything, in connection, purpose, wellbeing and willingness to seek help?

03

FIT

Which preferences and circumstances make one approach more useful than another?

RESEARCH THAT CAN FIND LIMITS

A research partner would set the method, sample, group allocation, ethics and measures. The Flourishing Scale could provide a baseline and follow-up, alongside suitable connection and lived-experience measures. This is a proposed comparison, not a confirmed randomised trial. Findings may show different preferences, no difference or a need for more evidence. Mentoring remains non-clinical.



COMPLEMENTARY PARTNER ROLES

BACK CONNECTION AFTER SERVICE.



ILLUSTRATIVE IMAGE

We would seek to co-design the additional mentor training with RSL LifeCare, building on previous work together. MM would provide its mentoring model, matching, supervision and ongoing support.

A research partner would shape the comparison. RSL LifeCare's new role, delivery locations, research design and costs all require agreement before work starts.

TALK TO US ABOUT THE PILOT

Support the mentor capacity, participant coordination and independent learning needed to make connection after service more useful for veterans.

This is a proposal. Partner scope, research method and funding terms remain to be agreed; no outcome is guaranteed.

TALK TO US ABOUT FUNDING →

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