

Frequently Asked Questions about our Mentoring Service

How much time do I need to commit?

Mentors meet their young person for a couple of hours approximately every two weeks. We ask for a commitment of about 12-18 months. We try and respond to the individual needs of each young person whilst balancing your commitments and busy lives. Essentially, we need volunteers who are reliable, consistent, empathic and committed to support their young person.

What is a Mentor's role?

A Mentor is there to build a positive relationship with a young person and become a trusted adult for that young person, someone they can talk to in confidence. Mentors work on building self-confidence, self-esteem and resilience through child friendly activities such as sport, game or just having a chat. Being a Mentor is also about having fun and creating happy memories. The children and young people who are referred to our service need non-judgemental people who are good listeners and remember what it was like to be a young person.

What support will I receive?

You will receive comprehensive training and ongoing support. You will have regular contact with your Coordinator and regular 1:1 catch ups throughout your mentoring relationship. There is always someone at the end of the phone for advice and support should you need it.

How does the matching process work?

When you have finished the training and become an approved Mentor you will enter a pool of Mentors waiting to be matched. This can take some time due to

us wanting to ensure we make the right match. When a match is found you will meet up with the Coordinator to discuss the needs of the young person. A meeting will be made between yourself, the Coordinator and the young person. It is all set up in a very friendly and informal manner and nothing to worry about. All our young people want a Mentor so enter the match wanting to meet you.

Where do I Mentor?

Some Mentors go for a walk, others go to the park or for a milkshake and a catch up. Some come to the one of our Youth Clubs and use the facilities such as the gym, Mentoring room, the kitchen or play table tennis. Mentoring is about building a relationship with your young person and supporting them. It is not about spending money on your mentee to do activities.

Can Mentors be matched with more than one young person?

In a word, no. You will work with one young person at a time. That is what makes the relationship unique, you are there just for them and them alone. When your mentoring relationship ends then you will have the opportunity to be matched with another young person if you wish.

If you have any other questions, please do not hesitate to ask. Call us on 01204 540139 we would love to hear from you.