

*The young person's name has been changed to preserve anonymity and is referred to as Cara throughout.*

When Cara was referred to have a mentor, there were concerns around her emotional health. Alongside this, her past experiences had affected her attendance at school which in turn had an impact on her learning. There were gaps of knowledge due to the time missed at school, leaving Cara experiencing a lack of confidence.

While I was getting to know Cara, she identified that she always puts herself down and would like to be more confident.

Cara was clearly apprehensive about meeting her mentor for the first time and was pacing around the room prior to her mentor's arrival. Once her mentor arrived and they began to talk, her anxiety seemed to subside.

Cara and her mentor meet up frequently. They enjoy meeting for a coffee and a catch up but have also engaged in activities together that encourage Cara to develop her interests and promote her aspirations for the future. For example, Cara has stated that she would like to be a foster carer and would like to be involved in the hair and beauty sector during the day when the children are at school. Her mentor was able to take her to a salon owned by her friend to observe what it was like to work within a salon environment.

Cara's mentor is focused on supporting her to identify her potential and encouraging her to begin to recognise her own self-worth. Cara recognises that her relationship with her mentor is helping her to feel more confident. She uses her mentoring relationship as a place to talk about how she is feeling and is beginning to use this space to reflect on how she can deal with issues more effectively.

The plan is for Cara's mentor to continue to encourage her to engage in new experiences, supporting her to understand what her likes and dislikes are, and helping her to develop resilience in relation to her worries around not getting things right.

Feedback from Cara's foster carer is positive, stating that the time spent with her mentor *'helps to keep Cara stable at school, stable at home, and is someone else who can help to keep her afloat'*.