

Volunteer Mentoring Service



- Young people in care and moving on
- Children and young families with disabilities
- Families in need of support
- Children at risk

If you would like more information on Break, or are interested in working with Break, please visit our website.



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 @breakmentoring
 Break Charity



What is mentoring?

Mentoring is a **one-to-one non-judgemental relationship** in which an individual gives their time to **support and encourage another**.

As part of the mentoring service, Break is looking for committed individuals who have a few hours to spare every couple of weeks over a sustained period of time to support young people in care or moving on to independence.

The aims of the service are to:

- Develop a **positive and trusting relationship**
- Increase self confidence and raise the young person's self esteem
- Support encourage young people to **reach their full potential**
- Help them achieve their personal goals and develop their skills

As **each young person's needs are different**, the type of contact a mentor has with a young person will vary, but may consist of things such as casual meetings e.g. **going out for lunch or walks**, helping young people access local community activities or **assisting researching employment or educational opportunities**, as well as any activities the young person might want to undertake.

It is vital for any volunteer to be clear that their involvement in this project should be a **longer term commitment**, due to the impact any changes could have on the young person as well as their carers and families.

Are you:

- able to relate to young people?
- able to listen?
- non-judgemental and accepting of other people as they are?
- able to inspire, encourage and motivate?
friendly patient and have a good sense of humour?

The Mentoring and Befriending Foundation states that Mentoring makes a real difference to people who, often at a **time of transition** or change find that they need **the dedicated support of another person** to help them navigate their way through. It covers a range of supportive and purposeful activities involving **the development of a relationship** in which one person, who is not family or a close friend gives time to support an encourage another to **make positive changes in their life**.

How do I become a mentor?

Mentors are **carefully recruited**, going through a **formal application process, training programme and interviews**.

We also take up references and an **Enhanced Criminal Records check**. Ongoing training and regular supervision is provided, and Break also pays expenses and mileage to the mentors.

If you are interested in becoming a mentor please contact **Laura Hughes**
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