

CONTACT US

You can contact us directly or ask your IPS worker, Support Worker or Teacher to contact us on your behalf.

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“Words can’t express the gratitude I feel when I think about what you have done for me and the difference it has made to my life. You were there when I wanted to talk about my problems. I felt I was treated fairly and like an individual. I could open up and you would listen without judgement. Thanks!”

Young Lives Foundation

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Your Mentor



a guide for young people



What & Who

Mentors are positive role models, trained to support you with your homework, boost your self-confidence and explore new hobbies in the local area. They will give you time to talk and offload about things that are bothering you and will treat you as an individual.

Mentors are there to:

- Help you to improve your reading skills
- Encourage you to communicate better with others
- Support you to achieve your goals

Mentors are volunteers who are over 18 who want to support you to achieve your goals. The volunteer will be there just for you!

How & Why

We will introduce you to your mentor before you go out together to enable you to get to know each other. After the first visit you can then make plans with them about what you would like to do on your visits.

It's important for us to know what you want so you get to choose the type of person you would like to be your mentor.

- Volunteers will visit you once a week for 2-3 hours
- Your volunteer will visit you for around 3-6 months
- They will be there to talk to, they will also listen to you about stuff and help you find new hobbies 😊



When & Where

You can decide together where you go.

You might do things like:

Go to the Library

Museums

Reading

Picnics

You will meet once a week in the evenings or weekends and your mentor will pick you up and take you home again.

Country Walks

Help with Homework

Bike Rides

Go to the Park



What Others Say

"Since having a mentor, Alex has been behaving well and helping more around the house."

Lots of young people enjoy having a mentor!
Here's what they think...

"Without my mentor I would probably still be a mess. She gave me the chance to sort my life out."

"I really enjoyed spending time with my mentor. She was fun to be with, we did some really good things together and she helped me with my school work."