



YOUR MENTOR

A GUIDE FOR YOUNG PEOPLE

Funded by the Big Lottery Fund through HeadStart Kent

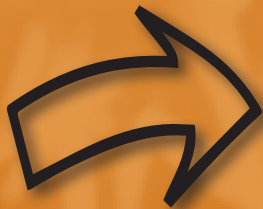




HOW WE HELP

.....

Robbie wasn't speaking to his stepmum. He was arguing with his brothers. He was struggling with his GCSEs.



Amy was being bullied at school. She argued with her family, so much that they never all went out together.



Gemma was very shy, struggled with meeting new people and going to crowded places, and so didn't go out much.



Robbie now mixes with his family far more, has passed his GCSEs, and got the college place he wanted!



"My Mentor gave me the chance to talk, figure out problems and also have fun together"

Amy is so much more confident, the bullying has stopped. The family often go out to restaurants now, and share her interests in arts and crafts.

"I'm feeling confident on saying stuff back to bullies, and have the opportunity to go out to lots of different places with my family"



Now Gemma goes out to restaurants and shops with her friends, and has volunteered at a local café!

"Thanks to the help from my Mentor, I am going out a lot more, instead of staying in my bedroom"

A MENTOR CAN...

.....



- Be a positive role model
- Support you at school and with homework
- Help you to join in with local clubs and community events
- Help you improve your home life and family relationships
- Help with your interaction with the digital world
- Improve your confidence and sense of control over yourself

HOW & WHY?

.....



We will match you with and introduce you to the right Mentor for you.

- Volunteer Mentors will visit you once per week for 1-2 hours
- They will stay with you for around 6 months
- They are there to talk to, to take you out, to join in with your hobbies and interests
- They will help you to help yourself with your emotional wellbeing awareness and needs
- You can decide how it works, shape it, and help design mentoring for other young people in future!

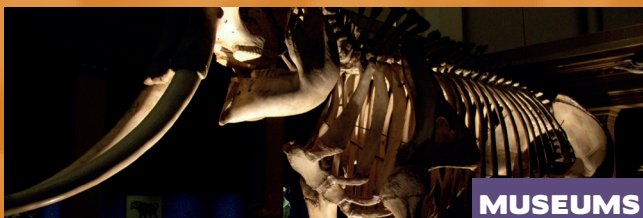
WHERE?

.....





COUNTRY WALKS OR PARK TRIPS



MUSEUMS



LIBRARIES

YOU DECIDE!

.....

GET IN TOUCH

You can contact us directly or ask your school or Community Worker to contact us on your behalf.

71 College Road
Maidstone
Kent ME15 6SX
T | **01622 235500**
E | **enquiries@ylf.org.uk**

Young Lives Foundation

t. 01622 693459 | e. enquiries@ylf.org.uk | www.ylf.org.uk
facebook.com/ylf.org.uk | twitter.com/ylfcharity



The Young Lives Foundation is a company limited by guarantee with charitable status.
Registered in England & Wales Company No 5999166. Registered Charity No 1119528