

Our Mission

“Young people and their families will have improved resilience by developing their knowledge and lifelong skills, to maximize their own and their peers’ emotional health and wellbeing; to navigate their way to support when needed in ways which work for them”

Mentoring can involve:

- Introducing a young person to a variety of positive activities and clubs within the local community
- Helping to improve attendance, attainment or behaviour at school
- Helping build better relationships at home or in the community and a sense of belonging
- Improving self esteem and confidence, and renewed motivation

“ 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 to get better at school. ”

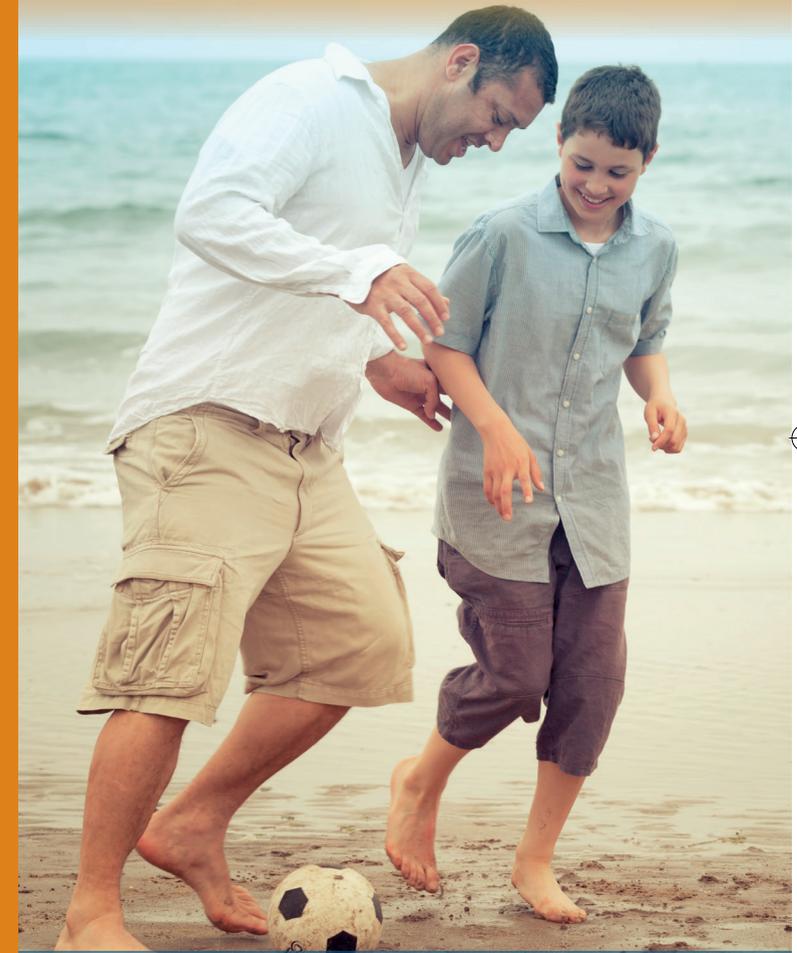
“ Without my mentor I would probably still be a mess. She gave me the chance to sort my life out. ”

“ I can't believe I beat all the adults at bowling. I can't wait to tell my mum. ”

“ I really enjoyed laser tag. I have never done that before, it was great fun! ”

Mentoring Service

A guide for professionals



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Introduction to Mentors

Mentoring offers one-to-one support for young people in the local area who have been referred to us because they are considered to be in need of support in developing their resilience at school or in the community who are at risk of being socially excluded or offending.

Our Mentors are:

- Volunteers who want to make a difference
- Fully trained to ensure they give the best support available

The Young Lives Foundation also offers a full package of informal and formal support with designated staff as and when required. Young people are referred for mentoring principally by Early Help, schools and the voluntary sector. Mentors meet on a weekly basis with the young people over a 6 month period to motivate, guide and support them towards achieving positive goals and develop important key life skills.

Our ambition is to:

- Equip young people to improve their resilience to problems in life
- Help prevent common emotional and mental health problems

RACHEL'S STORY

Rachel lived in an isolated area, wasn't getting on with her brother, and was feeling very lonely. Her Mentor took her swimming, and helped her rebuild her relationship with her brother. Her friendships at school became stronger. *"6 months ago Rachel would never have had the confidence to join in activities with others"* - Sally, parent.

Key Facts about Mentoring

We support young people to achieve their goals by supporting them to develop positive relationships within the home, reduce anti-social behaviour and improve and sustain educational attainment by assisting a young person with school based issues.

We achieve this by helping young people understand and promote their own wellbeing, and by ensuring there is always someone to talk to.

We also acknowledge the importance of developing life skills; as this increases self worth and independence. We achieve this by building their self-esteem and confidence by rewarding their positive behaviour.

- We ask Mentors to commit themselves for at least 1 year
- Mentors meet their young person for 1-2 hours once a week
- Mentors are fully trained and have an enhanced DBS check
- Mentors are all over the age of 18, both male and female and with varied backgrounds
- Mentors and young people are matched with individuals who have similar interests or hobbies to their own

REECE'S STORY

Reece was at risk of permanent exclusion from school, was under a behaviour agreement with the police, and was working with other agencies on substance awareness. After seeing his Mentor the reports of anti social behaviour reduced, and he was arguing less with his parents. He completed several ASDAN qualifications with his Mentor, and is thriving at school. *"The support from his Mentor really helped Reece focus on school. He enjoyed meeting his Mentor and felt good about his achievements. I don't see him slipping back to where he was before, he has come too far for that to happen"* - Jane, parent.



Applying for a Mentor

Mentors are trained in problem solving, cognitive behavioural approaches, mindfulness and motivation skills, communication, active listening, grief loss and trauma, and mental health first aid.

Professionals can obtain the referral forms from our website, or by contacting us directly by phone or email.