



# One-minute guide

## Early Help support through Surrey Care Trust

### The Surrey Care Trust (SCT)

Surrey Care Trust's mission is to tackle disadvantage, social exclusion and hardship in local communities by equipping young people and families with the skills to improve their economic situation, reduce their social isolation and to convince them they have a valuable contribution to make to society. Working with volunteers, and using a unique multi service, skills training and mentoring approach, we offer unique programmes across three interrelated themes: Flourishing Families, Nurture through Nature and Skills to Thrive, where we help people to develop the skills, they need to be more resilient, self-reliant, and to achieve their potential.

### Early Help Mentoring

'Mentoring is a one-to-one, non-judgmental relationship where someone voluntarily gives time to support and encourage another. This relationship is typically developed at a time of transition in the mentee's life and lasts for a significant and sustained period of time.' UK Home Office'

Mentoring is a simple but effective way to offer support and guidance to someone else who is going through a tough time or wants encouragement in making difficult decisions. Mentoring can tackle multiple issues and SCT provides holistic support where it is needed. We even have an allotment where our mentoring can take place. We find out about the needs of the person needing support and then match them with a volunteer mentor to meet and guide the person. Our model is effective and our placing technique means that the right support is provided at the right time. Our research has shown that the Covid-19 pandemic and lockdown has increased the number of people finding it hard to cope. Our pan-Surrey Early Help contract with Surrey County Council, supports families with children or young people aged 0 to 19 (or up to ages of 25 with SEND - Special Educational Needs and Disabilities) and their parents, including working with a wide range of families with multiple needs. By delivering a package of our one-to-one Mentoring, Home-Start's home visiting, and developing group work / parenting support, our staff and volunteer mentors help disadvantaged Surrey families who need early intervention and resilience support.

### How are referrals made to Surrey Care Trust?

[Whilst referrals vary depending on the programme, we tend to get a mixture of referrals from agencies (CSPA, Targetted Youth Support, Family Centres, Charities, Schools and other organisations) and self-referrals depending on the level of need. Our Early Help Programme can work with Level 2 needs according to the Surrey Effective Family Resilience model.

Contact us on [mentoring@surreycaretrust.org.uk](mailto:mentoring@surreycaretrust.org.uk) for Early help mentoring across the county or:  
East (Tandridge, Mole Valley, Epsom and Ewell and other work in Reigate): 07919 213904  
North (Spelthorne, Runnymede, Elmbridge and Woking): 07765 257022



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West (Guildford, Waverley, Surrey Heath): 07593 438137 [www.surreycaretrust.co.uk](http://www.surreycaretrust.co.uk)

### What else does SCT offer?

We provide a range of services in Surrey. Free and independent counselling for 16 to 25s; employment support and mentoring in Woking through our Steps2Work project for 18 – 24's; STEPS to 16 alternative education for 14 to 16 year olds who struggle with mainstream school due to challenges such as social disadvantage, or poor mental and emotional health. We have a Family Centre in Stanwell, which supports families in Spelthorne through specialist outreach work, access to key services and expert advice and guidance for vulnerable families. Our Local Conversation in Stanwell, also supports Stanwell residents and the Stanwell allotment is an excellent resource for the community. Our Gateway Community Allotment is a haven of support for mentoring, including mentoring for those who are furthest from the labour market and helps them re-engage with learning and employment. Similar work takes place in the West of the county for long term unemployed adults. Our Swingbridge boats combine mentoring with environmental work, and trips for vulnerable people - supporting them through challenges. Our wonderful volunteers and staff team make all this work possible. [www.surreycaretrust.co.uk](http://www.surreycaretrust.co.uk).



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