



# One-minute guide

## Mentoring

### What is mentoring?

Mentoring is different from counselling. Where counselling has an emphasis on self-examination with self-driven change, a mentor will first seek to thoroughly understand your circumstances and then make suggestions that are intended to be helpful in helping you manage positive change. Mentoring is a simple but effective way of one person giving their support to someone else who is going through a difficult time or needs encouragement to make decisions. Mentoring can be for young people aged 11-18 years or families with children aged 5-19 years who are struggling for any reason.

### Who are mentors?

Mentors are open-minded and independent volunteers. Whatever you need, they are there for you. They will support you in whatever way is helpful when you are experiencing difficulties. Most mentors have life and/or career experiences that will be matched to your needs and circumstances. They are solely motivated to help you achieve your goal. Mentors are people in the local community who want to give their time to someone else.

They are fully trained and will help you work through your problems so that they are more manageable.

### What change could a mentor make to your life?

Positive changes for you and your family/friends/environment with the support of your mentor. The objective is that your mentor will equip and empower you to make that change and then sustain it long-term using the tools that you have learnt on your mentoring journey.

### How long will you have support from a mentor?

Positive change can take time, and this varies upon circumstances and goal outcomes. Support can be given for a few months or longer periods. A holistic approach is provided to support each individual/family.

### What sort of things can a mentor help with?

- conflicts at school/college
- career support
- holistic guidance in life changes
- sorting out benefits and signing on
- needing to see a doctor
- filling in forms



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- nervous about an interview
- struggling to stay clear of drink or drugs
- feeling lonely and isolated
- having family/friendship conflicts
- improve your skills
- looking for a place to live

### Who runs a mentoring service?

**Surrey Care Trust** is a local charity which supports people in all sorts of ways to build their skills for life, learning and work. Their mentoring programme helps young people aged 11-18 who are finding life difficult. They may be being bullied at school or are affected by relationship breakdown or domestic abuse at home. They also offer parental support to help the whole family cope better with problems. Their trained volunteer mentors are non-judgemental and open-minded. They will help you to work through your problems so that they are more manageable and you feel empowered to make positive choices. To be able to receive support, please email:

[mentoring@surreycaretrust.org.uk](mailto:mentoring@surreycaretrust.org.uk)

**YMCA East Surrey** is a vibrant, local charity that helps vulnerable children, young people and adults to belong, contribute and thrive. Their wide range of projects and activities aim to help create happy, healthy and connected communities in East Surrey. They provide 1-2-1 mentoring in partnership with Welcare to support children and young people referred to their Early Help service in Reigate and Banstead. To be able to receive support, please email Stuart Kingsley, YMCA East Surrey Youth & Family Services Manager for a referral form or more information

[stuart.kingsley@ymcaeastsurrey.org.uk](mailto:stuart.kingsley@ymcaeastsurrey.org.uk)



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