

**move ON**

**MENTORING  
INFORMATION  
PACK**

## WHAT BEING A MENTOR INVOLVES

As a mentor you will meet up with a young person for a couple of hours every week to work towards a goal of their choice.

Goals are as varied and individual as young people themselves! You could be learning to play guitar or taking a cookery class together, helping with college or job applications, or supporting them to order a cup of coffee in a café or self-travel on the bus. The aim is for the young person to achieve a goal, increase their self-esteem and grow their positive social networks.

## OUR YOUNG PEOPLE

The young people we support are displaying “at risk” signs. These signs may include poor performance at school, truanting, offending, welfare issues, lack of or negative social networks, anxiety or being bullied.



## BENEFITS

Mentoring is often as life-changing for mentors as it is for young people. Mentors regularly tell us that they feel more confident, less stressed and have a better sense of purpose in their life. As well as developing personally, our mentoring service is a unique way to enhance your CV, with mentors improving their leadership and management skills, and many employers highly valuing volunteering.

Importantly our mentoring service is a great way to learn new skills and have fun!

## TRAINING

We will provide extensive training before you are matched with a young person, so you feel completely ready for your new role.

You will also receive ongoing support through professional development evenings with Move On staff and other mentors. We will arrange regular support and supervision sessions to give you the opportunity to ask questions, discuss any concerns and feedback on how you feel the relationship is going.

Our mentor training will cover:

- Introduction to mentoring
- Prejudice, stereotyping and discrimination
- Child and adult protection
- Boundaries, personal safety, challenging behaviour and confidentiality
- Mental health awareness
- Trauma awareness
- Beginning, ending and evaluation of a mentoring relationship

## PREVIOUS CONVICTIONS

We welcome applications from people with previous convictions. Applications will be considered on a case by case basis and will be subject to The Protecting Vulnerable Groups (PVG) membership scheme.

## VOLUNTEERING AND WELFARE BENEFITS

The Department for Work & Pensions (DWP) advise that you can volunteer while receiving benefits as long as you are able to satisfy all the conditions of your benefits.



## REFERENCES

We can provide mentors with a reference after you have been matched with a young person for at least three months.

## PERSON SPECIFICATION

Mentors can come from all walks of life and there are no specific qualifications or experience required. If you match the description below, becoming a mentor could be a perfect new role for you!

### Profile

- 18 years old and over
- Able to commit 2-3 hours per week for at least six months
- Able to attend training

### Values

- Ability to appreciate and value the differences between people
- Accepting of others for who they are
- Belief that everyone has the right to realise and achieve their full potential
- Belief that we can make a difference to our own and other people's lives

### Qualities

- Excellent communicator
- Good listener
- Reflective
- Reliable and dependable
- Ability to form positive and supportive relationships with others
- Willingness to challenge your own assumptions about things
- Ability to work well independently and use initiative, while also knowing when to seek support and advice
- Ability to focus on another person's needs and situation

### Skills

- Ability to understand and work to the policies, procedures and practices of Move On
- Ability to organise meetings with the young person
- Ability to complete a short feedback form after each meeting with the young person

