



Youth Mentoring Service: Information for  
**Mentors**



## **What is the Youth Mentoring Service?**

The service provides unpaid volunteer mentors for children and young people who are living under the care of North Somerset Council. Mentees also sign up for the service voluntarily.

## **What is a mentor?**

The dictionary defines a mentor as a “wise and trusted guide and advisor”.

## **What are the aims of the Mentoring Service?**

- To increase the young person’s self-esteem, confidence and sense of well being;
- To support the young person’s educational aspirations and achievements;
- To nurture the young person’s development of life skills;
- To promote the young person’s resilience and independence

## **What happens during a mentoring session?**

Initially the mentor takes the young person out once a week for a couple of hours to do a leisure activity like bowling or going for a walk. This enables them to get to know one another and to build rapport. Once they feel comfortable together, the young person begins to identify goals with the help of the mentor. The mentor and mentee keep track of progress.





## **What do you mean by goals?**

These will be unique to each young person, but they may include things like how to deal with conflict, how to manage their social life and school work or how to feel more confident in speaking with adults.

## **What if I feel out of my depth?**

Most of our mentors have positive experiences with our young people. However the training programme equips you with some strategies for dealing with challenging behaviour. Additionally, a dedicated mentoring co-ordinator is available to support and advise you, and you will be given contact numbers for emergencies.

## **How much commitment will I need to give?**

We ask you to commit to a minimum of 12 months. You will need to attend an initial training programme, which typically consists of two full days and some 'twilight' sessions, followed by an interview. You will also need to be available to attend supervision sessions run by the mentoring co-ordinator and to attend quarterly meetings with other mentors.

Once you have been matched with a young person, it is up to you and your mentee to decide how often you will meet, but it is expected that you will spend approximately two hours per week together.



## What happens now?

Please contact the mentoring service for further information and an application pack.

The Resource Service, 12 Clifton Road  
Weston-super-Mare BS23 1BL

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Council documents can be made available in large print, audio, easy read and other formats. Documents on our website can also be emailed to you as plain text files.

Help is also available for people who require council information in languages other than English.

For more information contact: 01934 421 900  
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