



VOLUNTEER MENTOR PACK

**Everything you need to know
about Volunteer Mentoring**

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'IT'S SOMETHING EVERYONE SHOULD
DO. IT'S IMPORTANT. IT'S A
COMMITMENT. BUT IT'S A LOT OF
FUN!'



WELCOME TO MENTORING PLUS

We are an independent charity, supporting young people in Bath & North East Somerset who are facing challenges. For 25 years, we have been helping 5-25 year olds feel connected through:



AWARD-WINNING MENTORING
SCHEMES



YOUTH CLUBS



INSPIRING ACTIVITIES
PROGRAMMES

Our vision is a world in which all young people feel safe, feel heard and feel hopeful for their future.

VOLUNTEER MENTORING

Through our **Volunteer Mentoring Programme**, we train and support Volunteer Mentors from all walks of life and carefully match them with a young person aged 7-25 years old who needs a positive role model – someone who will:

- ✓ Take them out of their usual setting e.g. school or home for 1-2 hours a week (Monday-Friday) for up to 12 months
- ✓ Support them to explore their positive interests
- ✓ Encourage them to try new activities
- ✓ See the best in them and make them feel special
- ✓ Have lots of fun with them



"WHEN I'M WITH MY MENTOR I FEEL LIKE
I BELONG AND I AM RELIEVED OF STRESS.
I FEEL SAFE AND IT FEELS LIKE HOME"



VOLUNTEER MENTORING - WHAT'S INVOLVED?

For a child or young person struggling at home, school or in their community, spending time with their Volunteer Mentor each week can make a huge difference to their happiness and well-being.

MENTORING SESSIONS ARE:

- ✓ Positive and playful
- ✓ Mentee led

We provide a weekly activities budget so that our Mentors and mentees can create the space needed for change.

From café trips, photography, painting and cooking to football, go karting, and bike riding. **Volunteer Mentoring is rewarding, and great fun!**

'IT'S A LOT OF FUN! YOU DO THINGS YOU WOULD NEVER NORMALLY DO'



THE IMPACT YOU WILL MAKE

Volunteer Mentoring is incredibly rewarding, and you will see how you are making an impact each week.

Whether it is a brighter smile, a louder laugh, or increased enthusiasm to try new activities, your mentee will show you how you are making a difference in their life.

After mentoring, we often see our mentees gaining from:



Increased self-esteem and self-confidence



Better relationships with family and friends



Renewed ability to re-engage with education and positive interests



Feeling happier and hopeful for their future



'MY WHOLE BEING. MY PERSONALITY. MY
MOOD SWINGS. EVERYTHING. I'VE BECOME A
BETTER PERSON BECAUSE OF MENTORING'

WHAT YOU WILL GAIN

Time with your mentee will be meaningful and great fun. You will try new activities, explore your local community, and see life through a whole new lens. It is a wonderful way to spend 1-2 hours each week.

AS A VOLUNTEER MENTOR YOU WILL:

- ✓ **Develop** - excellent mentoring and communication skills
- ✓ **Enjoy** - other Mentoring Plus activities and events
- ✓ **Connect** - with other Volunteer Mentors at our regular socials
- ✓ **Discover** - new parts of Bath & North East Somerset



'IT WAS BRILLIANT TO MEET OTHER MENTORS WHO WERE ALL REALLY DIFFERENT AND REALLY NICE PEOPLE.'



HOW WE WILL SUPPORT YOU

Our Volunteer Mentors are at the heart of everything we do, and we do everything we can to help you have a positive, safe and rewarding experience.

IN DEPTH-TRAINING

Our fun and interactive training includes mentoring techniques, safeguarding and boundaries

ON-GOING SUPPORT

We join you for the first few sessions and are available for daily support and guidance

COMMUNITY

We connect our Volunteer Mentors at our regular socials, and at other Mentoring Plus events and activities

EXPENSES

We provide a weekly activities budget and cover mileage expenses

'THE MENTORING PLUS TEAM WERE
AMAZING FROM THE WORD GO'



VOLUNTEER MENTORING JOURNEY

We take great care in supporting our Volunteer Mentors, and your journey with us starts from the moment you express your interest in this role:

1. INTRODUCTION



Our Volunteer Coordinator will call to tell you about Mentoring Plus and the Volunteer Mentor role



We will also ask you to tell us:



Why you want to become a Volunteer Mentor

2. TRAINING



What your hobbies, interests and skills are



If we feel you're a good fit for the role, we'll invite you to our in-person training session



Our training includes:

3. INFORMAL INTERVIEW



After training, we'll invite you to an informal interview, to check you're feeling confident, equipped and ready to mentor



Our Mentoring Model



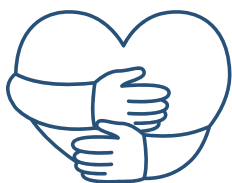
Communication and listening




Safeguarding and boundaries

VOLUNTEER MENTORING JOURNEY

5. BACKGROUND CHECKS








As you would expect, the safety of our Mentors and mentees is paramount. Before we can match you, we will need:

- 
- ✓ A recent DBS check. Any disclosures are subject to a risk assessment process
 - ✓ References - we will follow up with care
 - ✓ Any CV gaps to be accounted for

5. MATCHING YOU WITH YOUR MENTEE



We take great care in matching our Mentors and mentees, and this part of the journey can take time. Our expert team will:

- 
-  Match based on shared interests (as much as possible)
 -  Attend the first few sessions to help you connect with your mentee
 -  Support you as you build your relationship

VOLUNTEER MENTORING JOURNEY

6. SUPPORTING YOU ON YOUR JOURNEY



If everyone involved feels it's a good match, we will:



Help you get started



Supervise sessions once a month



Offer support Monday-Friday 9am-9pm

7. MENTORING YOUR MENTEE



**For 1-2 hours each week, you will be a positive role model;
You'll be there to support and encourage your mentee,
and have fun!**

8. THE END OF MENTORING



It can be hard to say goodbye and we will help you both prepare for the end of your time together.

'WHEN WE MADE OUR PHOTO ALBUM, WE
NOTICED HE'S GOT A BIGGER SMILE AT THE
END OF THE YEAR'



HOW TO APPLY

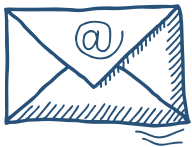
If you would like to help us change the lives of young people in Bath & North East Somerset, we would love to hear from you:



Apply using our [online form](#)



Call our Volunteer Coordinator, Chris Hart, on **01225 429694** for a no-obligation chat or:



Email us at volunteering@mentoringplus.net and our Volunteer Coordinator, Chris, will arrange a good time for a chat

'WHAT IS A MENTOR?'

'SOMEONE WHO IS KIND AND SEES THE BEST IN THE YOUNG PERSON AND IS CONSISTENT. IT'S REALLY NOT MORE COMPLICATED THAN THAT'



FAQ'S

WHY DO YOUNG PEOPLE NEED VOLUNTEER MENTORS?



Life for young people today can be incredibly challenging. Poor mental health, low self-esteem, anxiety, and loneliness are just some of the issues the young people we support are struggling with.

However, when you begin your journey with your mentee, all you'll know are the things that truly matter - their interests and the hopes they hold for the time they'll spend with you. You'll be a positive role model in their lives, making a difference one step at a time

HOW ARE MENTEES REFERRED TO MENTORING PLUS?



Our mentees are usually referred by their school or family. Once they come to us, we work closely with them to ensure they genuinely want to be mentored and understand what's involved. We spend a few weeks getting to know them, exploring what their hopes are for mentoring, where they need support and what their interests are.

WHY DOES MENTORING PLUS NEED VOLUNTEER MENTORS?



What makes Volunteer Mentoring so successful and special, is that both mentor and mentee have chosen to be there. Our mentees know their Volunteer Mentor will support them without judgement or agenda, and time with their Volunteer Mentor is time when they can just be themselves, relax and have fun.

FAQ'S

WHEN AND WHERE CAN I VOLUNTEER?



We need Volunteer Mentors right across Bath & North East Somerset. When you express your interest / apply you can tell us which day, time and location would work best for you.

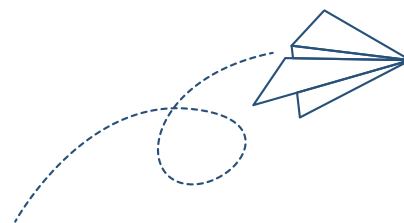
Sessions last between 1-2 hours each week and take place Monday-Friday. For children aged:

- 7-11 - sessions are 1 hour and take place during term-time and in school hours
- 11-25 - sessions are up to 2 hours and usually take place outside of school hours, often between 6pm-8pm, and throughout the year

HOW DO I MANAGE TIME AWAY FROM MENTORING? E.G. HOLIDAY

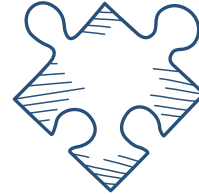
For mentoring to be successful, we need our Volunteer Mentors to be reliable and available each week. However, we do not expect you to mentor 52 weeks a year.

If you are unable to attend your weekly session or are planning some time away, all we ask is that you give your mentee a bit of notice and rearrange your session when possible.



FAQ'S

WHAT BACKGROUND CHECKS DO YOU DO?



We welcome Volunteer Mentors from all walks of life and backgrounds.

As you would expect, the safety of our young people is paramount. During our recruitment process, we will ask for:

- A recent DBS check and any disclosures are subject to a risk assessment process
- References - and we will follow up with care.
- Any CV gaps to be accounted for

We will also ask you why you want to join us as a Volunteer Mentor.

HOW DO I APPLY TO BECOME A VOLUNTEER MENTOR?



If you would like to help us change the lives of young people in Bath & North East Somerset, we would love to hear from you. You can either:

Apply using our [online form](#)

Call our Volunteer Coordinator, Chris Hart, on **01225 429694** for a no-obligation chat or email at volunteering@mentoringplus.net