



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.**



## GET INVOLVED

We offer a range of opportunities to help you improve employee wellbeing, upskill your team and achieve your organisation's social impact goals.

By choosing to engage with Mentoring Plus, your business will make a huge difference to the happiness and wellbeing of young people in your community.

### DIRECT VOLUNTEERING

#### Volunteer Mentoring

UPSKILLING  
YOUR TEAM



Cost: No additional costs - only employee time.

### FUNDING PROJECTS

#### Mentor Training



Cost: From £500 per half day

#### Volunteer Days

TEAM  
BUILDING



Cost: Materials only

#### Fundraising Events



Cost: Free



## UPSKILLING YOUR TEAM / DIRECT VOLUNTEERING

### VOLUNTEER MENTORING -1-2 HOURS PER WEEK

**What we offer:** Through our Volunteer Mentoring Programme, we will train and support your employees to mentor young people aged 7-25 years old for 1-2 hours a week for up to 12 months. Our mentors are positive role models who transform young people's emotional wellbeing by giving their undivided attention, listening, and having fun.

**Business benefits:** By being totally present for a young person each week, employees can improve their well-being throughout the year, while developing valuable skills including communication, listening and influencing.

Download our Volunteer Mentor Pack to find out more

### HOW TO GET YOUR TEAM INVOLVED

- Get in touch with our team [inspire@mentoringplus.net](mailto:inspire@mentoringplus.net) / 01225 429 694 to find out more and/or a lunch & learn for your teams (in-person / online)
- Spread the word - use our comms assets to promote Volunteer Mentoring
- Support your employees to integrate mentoring into their working day e.g. by offering a bit of flexibility, such as a later date on a mentoring day
- There are no fees - we handle all training, provide ongoing support and cover expenses. Mentoring can take place inside and outside of core hours and across BaNES.

## TEAM BUILDING / DIRECT VOLUNTEERING

### VOLUNTEER DAYS

**What we offer:** Volunteer Days can be adapted to align with interests and budget and involve transforming our Riverside Hub, which is a special and safe place for the young people we support.

Whether your staff are green-fingered, or looking to pick up a paintbrush and don overalls, there are plenty of options.

**Cost:** related materials only

**Business benefits:** Volunteer Days can help to strengthen team culture and improve employee wellbeing.

### HOW TO GET YOUR TEAM INVOLVED

- Contact us to discuss your team goals, interests
- Book your Volunteer Day and enjoy
- Share your great work on social
- Come back for more!





## UPSKILLING YOUR TEAM / FUNDING PROJECTS

### MENTOR TRAINING IN THE WORK PLACE

**What we offer:** Our expert practitioners can deliver a bespoke mentor training session (ideally in-person) including:

- Mentoring - role and impact
- Mentoring practice - techniques, goal setting
- Boundaries and avoiding common challenges

#### **Cost:**

Half Day session from £500

Includes: presentation, training resources

**Business benefits:** Mentoring is about being an effective communicator, an active listener, and someone who can hold boundaries. By choosing us, you can maximise the benefit mentoring has, inside and outside the workplace.

### HOW TO GET YOUR TEAM INVOLVED

- Contact us to discuss your requirements
- Select the session to best meet your needs
- Book our team to deliver refresher / new starter training sessions

## TEAM BUILDING / FUNDRAISING EVENTS

### TEAM FUNDRAISING EVENTS

**What we offer:** We can support your team to get involved with a brilliant Bath fundraising event, including the Bath Half (March) and The Big BaNES 100k (May-September)

**Business benefits:** Fundraising events are a fantastic space for team building and a great way to embed your business' commitment to achieving its social goals.

By choosing to fundraise for Mentoring Plus, you will help young people aged 5-25 access vital support, and feel safe, heard and hopeful for their future.

### HOW TO GET YOUR TEAM INVOLVED

- Check out our latest [fundraising opportunities](#)
- Get in touch with our team -  
inspire@mentoringplus.net / 01225 429 694
- Get your team involved with fundraising and training
- Share the fun on social #InspiringYoungLives



## THE DIFFERENCE YOUR BUSINESS WILL MAKE

The young people we support are struggling with multiple challenges, from poor mental health, low self-esteem, and loneliness, to family breakdown, and poverty.

Despite the complex battles young people are facing, the support available is dwindling, leaving many alone and unsure where to turn.

However, with your support, we can help meet the increasing need amongst young people aged 5-25 years old, and continue to deliver our life changing mentoring and activities programmes.





## NEXT STEPS

If you would like to know more or discuss your requirements with us, please contact our team:

Call: 01225 429 964

Email: [inspire@mentoringplus.net](mailto:inspire@mentoringplus.net)

[www.mentoringplus.net](http://www.mentoringplus.net)

Charity No. 1112534

## GENEROUSLY SUPPORTED BY

