

## **Volunteer Mentors Needed for Local Young People**

It can be life-changing for a young person to have a trusted independent adult to talk to. This is especially true for those referred to Gloucestershire Mentoring Programme, a service that trains and supports volunteer mentors to fulfil this role. Demand for the service is high and the organisers are currently looking to expand their pool of volunteers – locals who are empowering young people in their communities to make positive changes and realise their potential. If you're interested and would like to find out more, the organisers would be pleased to see you at their online information event on 20th September, 7 – 8pm. You can sign up via the GMP website at [www.gloucestershirementoringprogramme.co.uk](http://www.gloucestershirementoringprogramme.co.uk)

Gloucestershire Mentoring Programme is run by a collaboration of trusted organisations and hosted by The Door. It supports 10 – 25 year old girls and young women whose life circumstances suggest they're at risk of becoming involved in crime. This can be because they've had Adverse Childhood Experiences or live in environments that are known to put them at risk, or because they've become linked to criminal activity, either as victims of crime or through relationships with offenders.

The Programme operates across Gloucestershire and South Gloucestershire and offers these “at risk” young people the chance to form a long-lasting relationship with a trained volunteer mentor. This relationship with a trusted adult is something that's often been missing in the lives of such young people, and it can be transformational.

Anyone can become a mentor. You just need a heart for understanding and supporting young people and a little spare time (about an hour or so a week). Full training is provided. If you'd like to get on board straight away, please email [info@gloucestershirementoringprogramme.co.uk](mailto:info@gloucestershirementoringprogramme.co.uk)

Gloucestershire Mentoring Programme is offered free of charge, thanks to funding from CHK Foundation. For more information visit [www.gloucestershirementoringprogramme.co.uk](http://www.gloucestershirementoringprogramme.co.uk)

### **Follow the Programme on Social Media**





*'Mentoring' ©The Door*

## **Quotes**

"Mentoring helps me to get everything out and has relieved a lot of my stress. I really trust my mentor and tell them things before I tell anyone else." [GMP Mentee]

"I've really enjoyed getting to know my mentee and learning about the issues facing young people today." [GMP Mentor]

"It's rewarding to know you are there for a young person who may be experiencing tough times. It's not our job to change their life situation, but being a positive role model who listens and helps them reflect on how they feel can make life slightly easier." [GMP Mentor]

"It's a privilege to watch the progress my young person is making and to see them grow in confidence. We've explored many different issues together and I feel they're now more able to understand and manage their emotions." [GMP Mentor]

"Working with Emily was great. We bonded over the latest TikTok trends and talked about all sorts. I learnt lots from her and I hope she learnt some things from me too." [GMP Mentor]

## **Contacts**

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