

Some comments from **young people** who have had a **lifespace** mentor:

“My mentor has helped me so much. I don’t have as many fights now because I know how to sort out problems in different ways. I don’t get as angry as quickly or as much...”

“My mentor has helped change my perspective on school. It’s helped me be motivated in my homework, improve how I get on with teachers and deal with criticism better”

“My mentor helped me sort out stuff in my own mind.”

“My mentor helped me realise I am not worthless and has helped me listen better to others.”

lifespace

The Old Stables, 1a Brewery St, Stratford-upon-Avon, Warks. CV37 0BQ

Tel: 01789 297400

Email: info@lifespace.org.uk

Web: www.lifespace.org.uk

Lifespace Trust is a Registered Charity No. 1122170 & a Limited Company Registered in England & Wales No. 6425820



lifespace is a member of The Mentoring & Befriending Foundation and has been awarded The Approved Provider Standard – the national accreditation for safe & effective practice, backed by The Cabinet



lifespace is affiliated to Warks Children & Voluntary Youth Services and Oasis UK



Mentoring: Advice for parents and carers



Advice for parents and carers

What is a mentor?

More and more young people in schools and communities are getting involved in mentoring. So, what is it and how might it help your child?

A mentor is someone who wants to help someone else develop their skills (academic & social) and confidence, overcome problems and be able to cope with difficulties so they can achieve what they want in life.

A mentor will:

- build a trusting relationship
- give encouragement
- share experience and knowledge
- listen & ask useful questions
- develop life skills
- help someone set goals



What does a mentor do?

A mentor provides a young person with a safe time and place to talk about what life is like and what they want. Meetings take place either during or at the end of the school day, usually on school premises but occasionally in a café or other community setting. If lessons are missed

then efforts are made to make sure it is not the same lesson every time. The frequency of meetings can vary from half an hour to an hour, usually every week or every 2 weeks.

How can mentoring help?

Schools & agencies work in partnership with **lifespace** to set out the overall aims of the mentoring programme, which are usually to:

- improve friendships
- deal with conflict better
- grow in self-awareness
- improve grades & attendance
- reduce disadvantage & difficulties
- raise self-esteem & confidence
- know how to stay safe
- be more motivated
- help with employability
- improve mental and emotional health

In a nutshell, what is Lifespace?

- A charitable initiative
- Providing mentoring & education for young people, aged 10-19
- Working mainly in the Stratford-upon-Avon district

Who are The Mentoring & Befriending Foundation?

The national body for all mentoring and befriending projects, supported by The Home Office, and helping to raise standards and share good practice.

Do mentors from outside the school undergo security checks?

Yes. **lifespace** has a Child Protection Policy and all mentors are checked by the Criminal Records Bureau (renewed every 3 years). All mentors are interviewed, provide professional references and are trained and regularly supervised in their work.

How are young people matched to a mentor?

It is important that a young person wants to have a mentor and commits to meeting regularly. **lifespace** likes to find out what a young person enjoys doing and how they like learning and then does its best to match them to the right mentor. We always match boys with men and girls with women.

How long does the mentoring last?

It depends. **Group mentoring** (6 young people plus 2 mentors) lasts for 6 weeks, one hour each week. **One-to-one mentoring** can last anything from 6 weeks to 2 years. Some mentoring relationships progress quickly, others go at a slower pace. Sometimes things happen which means the relationship carries on longer, or closes down sooner than expected. It is important that young people know that they have a big say in how long it lasts.

There are '**check up**' points which give both the mentor & young person the opportunity to share what's going well and if anything needs to be different. This sometimes involves input from teachers and parents too.

How can you help?

1. **Remind them to keep their appointments**
2. **If your child is ill or away**, either give the school or our office a call if they are going to miss an appointment.
3. **Encourage your child** to get the most out of the mentoring
4. **Let us know anything you think might be important** to know from life at home. All information is handled confidentially.
5. If mentoring is organised via school **there is no cost to you**. If it is privately arranged, then payment is in response to us sending you an invoice at the end of each month; for payment by cheque to 'Lifespace' within 14 days.