

A young person, for whom you are responsible, has for whatever reason, come into contact with the Youth Offending Team (Yot) and now you are being asked to consider mentoring.

### What is Mentoring?

Mentoring will involve your child spending time with an adult, who is a positive role model. They will have been trained to listen, support and provide encouragement and guidance.

Mentors provide that extra support and a positive long-term adult relationship that many younger people may need.

South Gloucestershire Youth Offending Team's definition of mentoring is...

**'Someone who helps others to achieve their potential over a period of time. This could involve support, assistance, encouragement, advocacy, explaining, listening and guiding.'**

### Why use volunteers?

Volunteers are not associated with other adults in a young person life, they have no agenda - other than to offer support, advice, and they have no links with the young persons peer group.

Volunteer mentors do not get paid.

They are people who want to use some of their spare time to help others every volunteer mentor is different but they all have at least three things in common....

They are:

- ❖ **Dedicated**
- ❖ **Committed; And**
- ❖ **All have an interest in the welfare of young people.**

### How can I be sure that the volunteer mentor is an appropriate adult to be with a young person?

Below is the process that all volunteers have to go through before they can become volunteer mentors. All the checks have to be complete before the volunteer has any contact with young people.

In many ways the process for volunteers is more rigorous than the process some new employees would have to go through and we believe it gives us more than enough opportunity to assess their suitability. Mentors go through the following stages

- ❖ Qualified staff from The Youth Offending Team interview them.
- ❖ Youth Offending Team staff request two references about them.
- ❖ Train them for four days
- ❖ A police check is done by the local police.

If at any point they do not meet the selection requirements they are not put through to become a mentor.

In addition, volunteers HAVE to attend monthly supervision sessions AND provide a report after every meeting with a young person.

If you are in support of your child having a mentor we need

- ❖ You to sign a consent and special requirements form.

### How are young people matched with a mentor?

The young person is carefully 'matched' with a suitable volunteer mentor. Youth Offending Team staff consider a number of areas while doing so, these can include:

- ❖ Male or female
- ❖ Ethnic origin
- ❖ Age
- ❖ Skills and past experiences that might help with areas the young person may need support with
- ❖ Area where they live
- ❖ Personality

### Where, when and what?

Where... at a place agreed by the mentor and the young person but not at home and on a 'one to one' basis.

When... at a suitable time, again agreed by the mentor and young person, for 2 - 4 hours per week for a minimum of 6/12 months.

What... young people and their mentors will agree what they will do together. This may include...

- ❖ Sporting activities,
- ❖ Educational activities,
- ❖ Trying out new things or meeting just for a chat.

Along the way it is hoped they will have some fun.

### Once a match has been found

A match meeting will take place where the mentor, young person, parent, referring worker and mentor co-ordinator to discuss and agree

- Basic ground rules
- Time and day that the young person and mentor will meet.
- Discuss any issues that have not been covered.

### Reviews

Whilst your child is matched with a mentor we will meet every four months to review how things are going.

As the scheme is voluntary you, your child or the mentor can ask for it to come to an end at any time.

### Confidentiality

We aim to provide a confidential service and will only share information about you where necessary with your consent, unless we believe someone is in danger, has been hurt or is at risk of being hurt.

### Equal Opportunities

The Yot aims to ensure that no service user receives less favourable treatment on the grounds of age, colour, impairment, marital status, lifestyle or culture, nationality, race, religion, gender, sexuality or on the grounds of economic or social status.

### Complaints

We do our best to provide a professional service. However, if you have any concerns or complaints about the service, if possible please discuss them with your Yot worker in the first instance or telephone or write to:

The Operations Manager  
48-50 Elm Park, Filton  
South Gloucestershire  
BS34 7PH  
Tel: 01454 868565

# South Gloucestershire Youth Offending Team

# Mentoring



A Parent & Carers  
quick guide to what  
mentoring is all about.