

Y's Girls Mentoring Further Support Information

Here you will find a resource providing further support information on the Y's Girls Mentoring Programme.

About YMCA

YMCA believes in fairness and opportunity. There are essential building blocks for a full and rewarding life: a safe home; acceptance; guidance; friendship; physical and mental health; academic support; employment skills; and access to real opportunities. Many young people have never known these things; other people have lost one or more as they grew up, but we all need them. All of us. At YMCA, we provide these critical foundations for a fresh, strong start for young people and a better quality of life in the community.

What will the mentor do?

The mentor will meet you initially at home or somewhere familiar, and the Y's Girls Project Coordinator will introduce you. The mentor will meet you every week for around 1.5-2 hours to get to know you and share their interests.

The mentor will help you access activities you enjoy and try new things out. Throughout the mentoring relationship, they will listen and provide a non-judgemental space to seek advice and support and work with you to help you set and achieve goals (both big and small)

Who will the mentor be?

The mentor is an adult who is matched with you based on shared interests. The mentor invests their time voluntarily, often because they feel that they have something to offer or give back to their community.

The mentor will undertake training and relevant safeguarding checks before becoming a mentor on the Y's Girls project. They are supported by the Y's Girls Project Coordinator, who will feedback to them about progress. It's essential that we continually improve our service, and so we will regularly ask you for your feedback and ideas so that we can be our best.

Where do I meet the mentor?

The mentor will meet with you in public places and use local facilities for activities. Whilst you and the mentor will get to know each other well, it is essential for the mentor to remain a mentor helping you achieve goals rather than a friend.

How long is the programme?

While you will tend to meet with the mentor weekly, the mentoring itself will be centred around your goals so that the contact can change over time. The programme lasts for around a year as it takes time to build relationships, talk openly, and share interests.

Do I have to meet with the mentor?

Meeting with the mentor is optional and voluntary. You can opt-out at any time. The mentor's time is valuable, however, so if you cannot make a meeting, it is good to let the mentor and/or the Project Coordinator know in advance.

What if we don't get on?





Here for young people
Here for communities
Here for you

The Project Coordinator will always try their best to match young people and mentors so that you both have a positive and fulfilling experience. If you don't find you connect or share basic interests with your mentor, you can contact the Project Coordinator to discuss this at any time in confidence.

What information do you share with others?

The mentor fills out an anonymised sheet to feedback to the Project Coordinator about progress towards your goals, held on a secure system. From time to time, the Project Coordinator may think it appropriate to share information with others. This can help to unblock potential in different areas of a young person's life, e.g. teachers or occasionally where they are at risk of significant harm. Still, wherever possible, this will be done with your agreement, and we take your right to privacy seriously. (Please ask about our informed consent policy).

