



Volunteer Mentor

Information Pack

Role: Volunteer Mentor

Supported by: Youth Rights Worker

Volunteer Mentors (20 years old and over) support young care leavers aged 16 – 25, to set and achieve goals and improve their support network in their local communities. Mentors offer young adults the opportunity to talk to someone independently about their education, work, family life, friendships, or any other aspects of their life they want to talk about. Mentors help young adults develop life skills, build confidence and improve their emotional health and wellbeing.

What does a Volunteer Mentor do?

Following training, Volunteer Mentors are matched with a young care leaver in their area. Over a period of 6 – 12 months, they meet regularly with the young adult to:

- Spend time building a relationship with them
- Help them to identify and achieve their goals e.g. personal, educational and social
- Talk to them about plans for their future
- Help them identify and take part in local community activities, supports and services
- Support them to connect with their local community
- Help them build a sustainable, stable support network

What support and training does a Volunteer Mentor get?

All VOYPIC volunteers will have a full induction to the organisation, including safeguarding training. In addition, Mentors receive:

- Mentoring training – a bespoke training programme to develop coaching skills
- Support from a named member of the VOYPIC team, including regular support and supervision sessions
- Regular contact and support from your peers and the VOYPIC Engagement Team
- Access to VOYPIC in-house training opportunities
- Membership of MyVOYPIC, with regular updates about VOYPIC's work, activities and opportunities.

What time commitment is required?

Because of the support Mentors provide, we ask that you commit to volunteering for a period of not less than 6 months from when you are matched with a young adult.

Overall commitment includes:

- Attending induction and coaching skills training (held in the evenings and/or weekends)
- Meeting weekly with the care leaver for 1 - 2 hours (at a time agreed with the young person, which may involve meeting in the evening or weekends)
- Attending a monthly group support and supervision session with other Volunteer Mentors in your area

Are expenses covered?

- Out-of-pocket expenses incurred while meeting young adults will be reimbursed
- Travel expenses will be reimbursed

What makes a good Volunteer Mentor?

Volunteer Mentors come from all walks of life, bringing different skills and experiences. You don't need to have any specific qualifications, or any specific experience for the role. The most important thing is having an interest in, and commitment to, supporting young care leavers.

This role is open to people aged 18 years old and over. It would be most suited to people who can see something of themselves in the following descriptions:

- You have the time, enthusiasm and persistence to see something through from start to finish, even though it may be challenging at times.
- You communicate well, particularly with young people, and are a good listener.
- You form positive, supportive relationships with others.
- You understand and can relate to the issues and challenges facing young people today.
- You enjoy learning new things and contributing to the learning of others.
- You are open and willing to challenge your own assumptions and ideas.
- You are comfortable relying on your own initiative and common sense, but can seek support when you need it.
- You are able to focus on another person's needs and situation.
- You have a sense of humour and don't take yourself too seriously.
- You understand and accept that being challenged and let down by others is a part of life, and will occur in any mentoring relationship.
- You appreciate and celebrate differences in people, and accept others for who they are.
- You are hopeful, but realistic about what can be achieved.
- You are committed to making a difference in the lives of others.
- You are reliable, consistent and dependable.
- You understand the importance of confidentiality, but recognise that some things can't be kept confidential.

For this role, volunteers must have the ability to:

- Give short, written updates on activities undertaken as part of their support for a young care leaver
- Independently arrange meetings with the young care leaver they are mentoring

As this opportunity involves independent, direct contact with children and/or vulnerable adults, all Volunteer Mentors must undertake a full Access NI (criminal records) check and be able to provide contact details for two references.

All VOYPIC volunteers must adhere to all relevant VOYPIC policies and procedures. This will be explained during your induction training.

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