

What do our mentors say?



"It is challenging, but it is an experience that will stretch and enrich your life" - Kerry (mentor since May 2015)

"I like to think that if I can say one thing that points someone on a path that makes their life better, now or in the future, all my time is worthwhile" - Mark (mentor since May 2015)



"Mentoring gives me the opportunity to help and support a young carer and also to look at things differently and try new activities locally. The sound of my mentee laughing or thanking me for my time is a very rewarding added bonus" - Lucie (mentor since October 2014)

"I have realised that mentoring is not about making big changes to my mentee's life, it's about listening and helping them to build their own confidence to do what they want to" - Linda (mentor since October 2014)



"I am proud to have been part of this programme. I think it is a worthwhile project. It helped me to understand young people more, including my own children" - Louisa (mentor since May 2015)

For further information, contact Lyndsey at
020 3375 8226 / 07756 593 456
volunteering@kingstoncarers.org.uk
www.kingstoncarers.org.uk

Supported by...



LOTTERY FUNDED



The co-operative



Children in Need



achieving for children



NHS Kingston Clinical Commissioning Group

COMIC RELIEF



Kingston Carers' Network



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston



Young Carers' Project

Ever thought about Mentoring?

Young Carers' Mentoring Project...



...helping young carers achieve their potential

Follow us on @YCPKingston

About us

Kingston Carers' Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing support, unpaid, to a friend or family member who has a physical illness, disability, mental health problem or substance misuse issue.

Who is a young carer?

Young carers are children and young people under the age of 18 who provide care, support or assistance to a relative living in the family home.

The Mentoring Project

The Mentoring Project focuses on supporting young carers who have, or are at risk of having, excessive or harmful caring responsibilities. The aim of the Project is to help young carers to set goals and build a positive sense of identity outside of their caring role.



What do Volunteer Mentors do?

A mentor builds a trusting and positive relationship with a young carer. A mentor is a positive role model who provides a young carer with emotional support and a listening ear.

You will be carefully matched with a young carer based on your personality and shared interests. You will meet with your mentee once a fortnight over a period of 6-12 months.

What skills will I need?

All kinds of people will make great mentors. You do not need to have any formal experience or qualifications. You will need to be a good communicator, reliable and non-judgemental.

Free training is provided.

What commitment is required?

We ask that you would...

- Meet with your mentee once a fortnight
- Attend two 'Mentor Training Workshops' (21st and 28th April 2016, 6:30pm - 9:00pm)
- Complete Level 1 Safeguarding training (online)
- Commit to the mentoring relationship for 6-12 months

Benefits for you



- Learn new skills
- Gain experience
- Give something back to your community
- Out-of-pocket expenses reimbursed

We asked our Young Carers...

What did you enjoy most about having a mentor?

"It helped me to find more confidence in myself and to have a break from the problems I have"

"Trying new things and building confidence"

What did you learn from your mentor?

"To believe in myself"

"Things aren't always as scary as I think"

"It's very good to talk about your problems"