



**KINGSTON CARERS'  
NETWORK**  
*Improving the lives of carers in Kingston*



**Young  
Carers'  
Project**



## **Young Carer Mentor - Role Details**

### **Background:**

Kingston Carers Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing unpaid support to a friend or family member who has a physical illness, disability, ill mental health or substance misuse problem. Our Young Carers Project supports carers who are between the ages of 5 – 18.

### **How you can help:**

You will provide one-to-one mentoring support to a young carer.

### **Your role:**

- To meet and build a trusting relationship with a young carer (mentee) aged between 11 and 18
- To research, plan and participate in mentoring activities with the young carer
- To set and work towards agreed goals
- To encourage the young person to enhance their personal development and social skills, and to increase their confidence and self esteem

### **We ask that you would:**

- Meet your mentee once a fortnight for 2 hours for a minimum of 6 months (maximum of 12 months)
- Attend a 2 session (evening) mentoring training programme
- Complete Level 1 Safeguarding Training (online)
- Attend regular review meetings with the Mentoring Coordinator and provide feedback after each mentoring session
- Undergo an Enhanced DBS check

### **Benefits:**

- The opportunity to help a young carer to build their confidence and achieve their goals
- Gain experience working with young people
- Free training in mentoring and safeguarding
- DBS check
- Ongoing support from the Mentoring Coordinator

## **Expenditure:**

- You will be given a monthly allowance for activities
- Your travel expenses will be reimbursed

## **The qualities and attributes we are looking for:**

No formal qualifications are needed, but we will look for some key skills and personal qualities.

## **A great Young Carer Mentor will be:**

- Reliable
- Committed
- Patient
- Non-discriminatory
- A good communicator/listener

## **Training will be provided on:**

- The issues affecting young carers
- The boundaries of the mentoring relationship
- Listening and communication skills
- Safeguarding

## **The dates of the next mentor training workshops are:**

Monday 3<sup>rd</sup> and Monday 10<sup>th</sup> February 2020 – 6.30pm to 9.30pm

**OR**

Monday 8<sup>th</sup> and Monday 15<sup>th</sup> June 2020 - 6.30pm to 9.30pm

All potential mentors must attend both Monday evening workshops.

Due to the nature of the role, all volunteers must undergo an enhanced DBS check.

## **Feel inspired?**

If you would like to become a Young Carer Mentor, or would like to find out more, contact **Laura** at [mentoring@kingstoncarers.org.uk](mailto:mentoring@kingstoncarers.org.uk) or **020 3375 8226**

SUPPORTED BY  
**MAYOR OF LONDON**



**LLOYDS BANK FOUNDATION**  
England & Wales



**NHS**  
Kingston  
Clinical Commissioning Group

