



## Volunteer Mentoring with YMCA Edinburgh

We are looking for volunteers who are eager to make a difference in their own community and make a difference in the life of a young person through one or more of our mentoring programmes:

**Intandem Mentoring** pairs a Volunteer Mentor with a young person aged 8-14 who is being [looked after at home](#). The Scottish Government has appointed Inspiring Scotland to lead the development of the intandem programme, with YMCA Edinburgh one of the delivery organisations in Edinburgh

**Plusone Mentoring** pairs a Volunteer Mentor with a young person aged 8-14 who is at risk of offending

**Kinship Mentoring** pairs a Volunteer Mentor with a young person who is living under a [Kinship Care](#) agreement

In each programme, you will be expected to regularly meet up with a young person offering a friendly ear, support, guidance and advice on making positive life choices. You will also be encouraged to build a relationship with the young person's parents/guardians - although the main focus of every mentoring relationship will be on supporting the development of the child by listening to them, recognising and building on their existing strengths and providing support and encouragement to deal with difficult and challenging situations in their lives.

Once appointed, you will undergo comprehensive training before being matched with a young person referred to the project. You will then regularly meet up with the young person (typically once a week for up to 2 hours), to take part in activities in the community that are fun and engaging, acting as a listening ear and a positive role model to the child. The time that mentoring takes place is flexible and arranged between the young person and mentor, however it usually occurs out of school hours (evenings or weekends). Regular support is provided throughout the mentoring relationship, through meetings with the project coordinator as well as regular opportunities to meet with other mentors at training events, peer support nights and social events.

Being a mentor does not require qualifications but does involve showing empathy, understanding, being motivational and having a commitment to your mentee. Some of the young people live in very challenging circumstances therefore it is essential you have a non-judgemental approach. You must be a good listener and able to engage in conversations with the young person to encourage them to develop important life skills. You will set a good example to the young person and encourage positive behaviour. You will play an important role in helping a young person achieve their full potential and build on the young person's strengths.

As a mentor, you will be expected to provide your mentee with the consistency and time dedicated to them that they may be lacking in other aspects of their life, so preparing for the role by using the ongoing support and training available is expected from all our mentors. You will also be encouraged to reflect on your personal life experiences, particularly those situations in which you have faced difficulties and challenges, as this essential learning and understanding will support you in any discussions with the mentee about their experiences.

### Becoming a mentor

If you think you could make a difference in the life of a young person, why not get in touch for an informal chat? Contact Steve Ritchie on [steve@ymcaedinburgh.com](mailto:steve@ymcaedinburgh.com) or **07935 419065** to find out more – or check out our website at [ymcaedinburgh.com](http://ymcaedinburgh.com)