

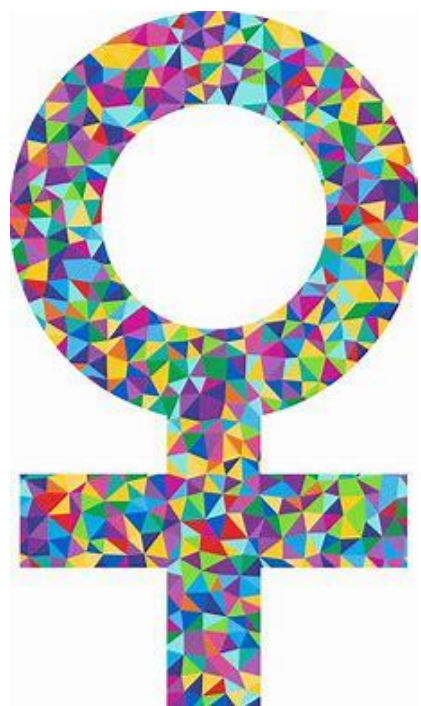
# VOLUNTEER MENTORS NEEDED

**Gloucestershire Young Women & Girls Mentoring Project** is aimed at assisting those who are currently facing challenges in their lives, requiring support and encouragement to help set achievable goals as well as raising awareness of their mental and emotional well-being. We are therefore looking for local people to help support this work through providing mentoring on a one-to-one basis.

**Would you consider applying for a fulfilling volunteer opportunity that benefits these young women and girls in your own community?** The rewards of volunteering can be huge. Seeing your involvement making a tangible difference is the greatest job satisfaction and volunteering is also a fantastic opportunity to:

- *Meet new people*
- *Be part of a supportive and genuine staff team*
- *Make a real difference to someone*
- *Gain an invaluable insight into a world you may never have realised existed*
- *Build experience that can have a positive impact on your own life*

## Aims and positive outcomes for Young Women and Girls:



- **Achieve goals for the future**
- **Increase personal resilience**
- **Become more independent and self sufficient**
- **Increase self confidence**
- **Develop a positive outlook and feeling of wellbeing**
- **Build on strengths and reach potential**

## As a volunteer mentor we ask that you:

- **Can commit to 12 months volunteering**
- **Have a non-judgemental approach**
- **Are a great listener**
- **Can maintain confidentiality**
- **Are able to empathize with others from different backgrounds, faiths or ethnicities**
- **Are able to attend training and supervision sessions**
- **Are determined and not easily discouraged**

We particularly encourage applications from females and those with 'lived experience' who have faced their own challenges.

All volunteering is subject to an Enhanced DBS check and references. Thames Valley Partnership will provide the necessary training and support to carry out the role. We reimburse expenses incurred whilst volunteering. **For more information about volunteering or to request an application form, please contact our Volunteer Coordinator Emma via**

[emma@thamesvalleypartnership.org.uk](mailto:emma@thamesvalleypartnership.org.uk) or **07949455415**