

ABOUT THE SURREY CARE TRUST

We are a registered charity and much of our work today is in education and training.

We give people a second chance of learning and of developing their skills.



Our **STEPS** programmes are for young people who have struggled to thrive in school.

STEPS School Inclusion provides intensive support, in one-to-one and in small group sessions, to 13 and 14 year-olds from Surrey secondary schools who are at risk of finishing their years in education with low achievements.

STEPS Under 16s is an alternative education programme run at our Learning Centres in Staines and Woking, for 14 to 16 year-olds, who are being frequently excluded from school, are regular non-attenders or are making such little progress that their teachers feel they need the special attention we can give.

STEPS Ahead is a flexible learning programme for unemployed 16 to 18 year-olds (up to age 25 for those with special needs), helping them move into further education or to find a job.

The Surrey Care Trust also runs other programmes and projects. Find out more about us at www.surreycaretrust.org.uk

The Surrey Care Trust is a registered charity, number 285543, and is registered with limited liability in Cardiff, number 1658859. Our office is at 1 Old Elstead Road, Milford, Godalming, Surrey GU8 5EE 01483 426990

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Surrey
Care Trust
STEPS
Mentoring

the Surrey Care
Trust is creating
new opportunities
and changing lives

Become a
volunteer
mentor and
help young
people take
their first steps
into adult life

www.Surreycaretrust.org.uk

STEPS MENTORING

supports young people towards the end of their time on our STEPS programmes or in the months after they have finished. Mentors help young people work out what they want to do next and then help them achieve their goals.

They are making decisions about whether they want to look for a job or enrol in further education or training. Mentoring can also encourage them to aim for other personal goals that will help them get on.

The young people on our programmes have had a tough start in life because of the difficulties they had in school. Our STEPS programmes build their confidence and raise their aspirations. When they move on to the next stage of their lives it can be daunting, so the support of a mentor is so important in keeping them motivated and feeling positive about their futures.

What being a mentor involves

WE WILL GIVE YOU TRAINING

The first step in becoming a STEPS volunteer mentor is to talk to Georgina Waters or Margaret Reeder who run the scheme and then to enrol in our free in-house training. Taking part in the training does not commit you to anything, should you decide that mentoring is not for you after all.

THE COMMITMENT

Typically you would see a young person for an hour once a week until they have achieved the goals they have set for themselves.

Frequency and length of sessions can be varied by mutual agreement between you and the young person but mentoring should be time-limited; it is not intended to be an open ended arrangement.

We do not expect you to take on more than one mentee at a time, unless you want to make that bigger time commitment.

STEPS Mentoring was set up with the help of funding from the ACT Foundation

SETTING THE BOUNDARIES

Meetings may take place at our STEPS learning centres, or possibly at a café, library or other convenient public place but never at your home or at that of the young person being mentored. Your mentee may appreciate you attending events such as a college open day or a first session at Job Centre Plus.

All appointments are arranged by our mentoring co-managers so you are not expected to be in touch with the young people outside the mentoring sessions.

MORE ABOUT MENTORING TRAINING

It is based on modules designed by the National Mentoring and Befriending Network (www.mandbf.org.uk). Topics it covers include the definition of mentoring (how it is different from befriending or counselling, for example), the mentoring cycle, ground rules and interpersonal behaviour and communication skills.

Training groups are small with a maximum of 10 participants. The three sessions each last three hours and are interactive with a range of worksheets, discussion and role play.

SUPPORTING YOU

Mentors have regular one-to-one meetings with one of the programme co-managers, as well as group meetings with other mentors to provide mutual support. Further training sessions can be arranged if needed.

Contact us to have chat:

Georgina Waters or Margaret Reeder,
on 01483 412760 or 07973 282239

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