

# Local Heroes Wanted To Mentor Young People In Need

Could you be a local hero?

Over the past year MAPS has grown significantly in order to meet the growing demand of young people in need in the borough, a need which is still increasing. Although this growth is wonderful news, this success brings its own challenge and that challenge is we simply need more volunteer mentors! More people to volunteer and give the gift of time to a young person.

This is where you come in. You could be a volunteer mentor.

## Why you are needed?

Some young people in Sutton have complex and multiple needs, facing many difficult issues in their daily lives, including low self esteem, social isolation, challenging family relationships, abuse, loss or bereavement, poverty, self harm ..... Mentor's are needed to provide each young person referred with a safe space and dedicated time to talk about their situation. Could you be that person that they talk to? Do you have 1 to 2 hours a weeks where you could meet with a young person to listen or engage them in a positive activity?

## What are we looking for?

No qualifications are needed for this role. We are looking for volunteers who have a positive attitude towards children and young people and a desire to help them achieve their full potential. Someone who is a positive role model, patient, calm, a good listener and who is non-judgemental. Does this sound like you?

## Benefits to You:

You will receive 16 hours of comprehensive training that will not only support you in your role as a mentor, but are transferable skills that will support you both in work and your day to day activities. You will gain new skills such as communication, listening and conflict resolution as well as gaining a better understanding of the lives of young people and your community. You will benefit from monthly supervisions from a dedicated coordinator and you will have the opportunity to try lots of exciting and fun activities both individually with your young person and should you wish to participate in group settings. Group activities are also a great way to meet other mentors and are real social occasions that connect you to your community. Volunteering can also help increase your own self-confidence, support positive mental health and even advance your career, it is also a great deal of fun!

If you would like to find out more or would like to become a volunteer mentor there are a couple of things you can do:-

- 1) [Fill in your details on our website and we will contact you within 5 working days](#)
- 2) [Speak with a member of the MAPS team on 020 8661 5900](#)
- 3) [Email MAPS at MAPS@vcsutton.org.uk and leave us your details](mailto:MAPS@vcsutton.org.uk)

We look forward to meeting you.