


# The Mentoring Project



Like to find out more  
about having a mentor?

Then read on...



# What is a mentor?

A mentor is a trusted adult you can spend time with. A mentor is not paid, they spend time with you because they want to. You can talk to them about your feelings and about things you would like to do now and in the future.



## You can get a mentor if you:

- have a social worker
- are aged 5-19.

## What can I do with a mentor?



Whatever you want!

- Spend time in a café chatting.
- Ask them to help you join clubs you are interested in.
- Go on outings to places like Woodlands, Crealy or Bicton.
- Go bowling, walking or do sports.
- Get help with your homework.
- Go to the cinema.

You can even do all types of art workshops and awards!

# How often do I see my mentor?

At first you meet once a week so you can get to know each other. Then if you want to you can meet once every two weeks.

Your mentor agrees to meet with you for at least six months, but you can end the meetings if you want to.



# How do I get a mentor?



Talk to your carer or your social worker.

You can also ring the friendly Mentoring Project co-ordinator in your area for chat about how it all works.

North and Mid Devon **01237 425875**  
Exeter and East Devon **01392 433165**  
South and West Devon **01803 866886**



# Who runs the Mentoring Project?



We are a team in Devon County Council's Children and Young People's Services. We try to make sure you and your mentor get on well and enjoy the time you spend together.



## Think a mentor could help you do the things you want to do?

Then what are you waiting for? Give us a call!



For more copies of this leaflet call **01803 866886**

Design and editing by CYPs publications **01392 383698**

**June 2009**