

Breathe Mentoring Programme



**Supporting
young people
facing challenges
in their lives**

**For young people aged
11-18 years (School Years
6-13)**



For more information, application and referral form please go to our website: www.breatheyouth.org.uk or contact a Breathe Mentor Coordinator:

Ruth

Email: rjulius@breatheyouth.org.uk

Tel: 07738 422831

Duncan

Email: ddegruchy@breatheyouth.org.uk

Tel: 07375 147924

Breathe

Sharing God's love with young
people through what we do & say

Breathe Youth Charity 1180351

www.breatheyouth.org.uk

May 2024

Breathe's Mentoring Programme has been running since 2014 and is for young people living in the Forest of Dean. We receive referrals from a range of service providers, however we are unable to accept self referrals.

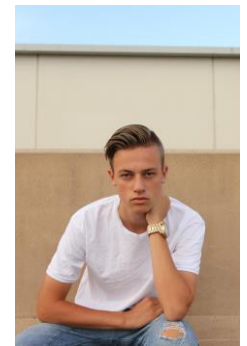
A young person will usually meet with their mentor for 1-2 hours per week and receive support for at **least** 12 months.

Mentors are a positive role model and consistent adult in the life of a young person and will:

- Provide them with space to talk through things
- Share in fun activities with them
- Help them to identify and work towards personal goals
- Help them make positive choices

Our service can work with young people who:

- Struggle to engage in their education
- Lack self confidence
- Have poor self esteem
- Have or are facing family challenges



Our mentors come from a wide range of backgrounds and are volunteers who have received training and had a Disclosure and Barring Service (DBS) check.

If you are interested in becoming a volunteer mentor, please visit our website to download an application form, or feel free to contact one of the team.

We ask agencies wishing to make a referral to contact the Mentor Coordinator first to check the availability of a mentor. They will be sent a check list indicating the criteria for referrals and a referral form. Both documents are to be completed – the parent and young person must sign the referral form – and both forms sent securely to the Mentor Coordinator.

Breathe is a Christian charity delivering youth work in the Forest of Dean.

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