

What should I do next?

Mentoring works best when everyone works together.

You know your child and know what's best for your child, so we'll need your help from the start.

You will be asked to provide information about your child's strengths and needs, ultimately approving the mentor match.

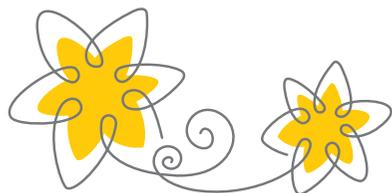
Cyfannol Women's Aid will communicate with you about the mentoring on a regular basis.

If you would like to know more about our mentoring programme, please contact **Cyfannol Women's Aid**:

Telephone:
01873 859 011

Email: general@cyfannol.org.uk

Cyfannol Women's Aid
26b Monk Street
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NP7 5NP



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Gyda'n gilydd rydym yn gryfach
Together we are stronger

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Cyfannol Women's Aid Mentoring Project

Information for Parents



What is the Cyfannol Women's Aid mentoring project?

Cyfannol Women's Aid supports women and children who have experienced domestic abuse in Torfaen and Monmouthshire.

Cyfannol Women's Aid runs a mentoring programme for boys aged 5-16 who have experienced domestic abuse. The aim is to help them with behavioural challenges and managing feelings they might be experiencing.



What actually happens?

- A mentor will take the child out once a week for a year (under 11s) or once a week for 12 weeks (for those aged 11-16).
- These sessions usually last between 2 and 4 hours.
- Mentors encourage the child to find their strengths and make positive changes.
- Mentors and children will set 3 goals to work on together.
- Mentors plan and work towards a positive ending which is marked with a certificate and a celebration!

What is a mentor?

A mentor is an adult volunteer who has completed and passed the following rigorous screening processes:

- A three-day training course with Cyfannol Women's Aid.
- An in depth interview with two members of staff.
- A fully enhanced police check, and two independent character references.

Our male and female mentors come from all walks of life and cultural backgrounds. They all share the same important qualities:

- Being a dedicated, focused and positive role model.
- The ability to help children stick to boundaries.
- Being fun!

How do mentors help?

- They help children find motivation and interests, as well as developing life skills.
- They channel the children's energy into projects that encourage a sense of personal achievement.
- Mentors are someone for a child to talk to and someone they can have fun and try new things with.

How do I know it is worth it?

You'll feel the impact as much as your child! Independent evaluations show that our mentoring programme can help children to:

- Feel more self-confident.
- Relate better to others.
- Develop a stronger sense of responsibility.
- Understand the consequences of their actions.
- Improve their concentration, improve attendance and achieve better at school.

What else should I know?

You will have a designated person at Cyfannol Women's Aid who you can contact throughout the year.

We tell you all about the mentor before they are matched to your child.

We work closely with you throughout the mentoring project to best help your child.

This service is free!

