

Mentoring Programme

The Mentoring programme is designed for children and young people between the ages of 5-11 years old, who have witnessed or experienced domestic abuse.

The aim of the mentoring programme is to increase a child's self-esteem, encouraging a change in the way children view themselves and others and helping them find a safe way to express themselves, whilst always focusing on the positives.

As part of this initiative, mentors will be matched with children based on compatibility in their interests, skills, and personalities. They will be expected to work with this child for 1 year, meeting with them for 2-4 hours a week. Mentors will encourage the child to find their strengths and help them to make positive changes. Mentors also plan and work towards a positive ending with the child, which is marked with a celebration.

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

A mentor is not a support worker, therapist or councillor; they are a person of consistency for the child, who can be relied upon as a source of support for other aspects of their life, such as encouragement, praise and positivity. They are a role model and someone who wants to encourage and get the best from them during the time they are with them, resulting in hopefully a more well adjusted, happy, confident and positive young person.

➔ To refer into the service or make an enquiry in Newport or Blaenau Gwent:

Cyfannol Women's Aid Newport
56 Stow Hill, Newport NP20 1JG
Tel 01633 840258
Email artrac@cyfannol.org.uk

Cyfannol Women's Aid Blaenau Gwent
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Tel 01495 533177
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