

Role Description: CYP 'Future YOUth' Mentor (North & East Herts)

Responsible to: Future YOUth Mentoring Coordinator

Time commitment: A minimum of 2.5 hours a week (Monday-Friday)

Location: North & East Hertfordshire – flexibility in session locations, which can include in the community, HMN Wellbeing Centres, the young person's school and in specific circumstances the young person's home.

Who we are: Hertfordshire Mind Network is a mental health organisation that promotes mental wellbeing and provides a diverse range of recovery orientated services to residents across Hertfordshire. We are the largest mental health provider in the county and provide support to over 5000 clients every year.

Purpose of role:

We are seeking volunteers for our Future YOUth mentoring service available to young people aged 12-18 living and/or going to school in East and North Hertfordshire that are experiencing mental health problems. Our mentoring service provides 1:1 mentoring support face-to-face in the community for a period of up to 6 months, depending on the needs and goals of the young person. Our approach is centred around combining practical and emotional support to aid young people in reaching their goals linked to their mental health and emotional wellbeing.

Your role as a mentor will be to meet young people on a weekly basis and offer 1-1 support for their needs, building a strong working relationship whereby the young person is empowered to overcome barriers they may be facing. Flexibility is central to our mentoring approach and mentoring sessions may vary in their format depending on the young person's circumstances and goals. We give young people choice in how they are supported.

Main tasks:

- To support young people 1-1 in the community and provide emotional and practical support to empower them to thrive in all aspects of their life.
- To support young people with mental health and emotional wellbeing needs, to set achievable goals and work alongside them to reach these.
- To uphold the safeguarding responsibility we have as an organisation to the young people we support
- To develop positive working relationships with young people.
- To complete weekly session notes and input these onto our client management system Charitylog

What we are looking for:



Herts Mind Network has been granted the Valuing Volunteer Management award for its commitment towards volunteers

- Someone who has experience working or volunteering with children & young people.
- Someone who has experiencing supporting people with mental health difficulties.
- Someone who is compassionate, patient, empathic, flexible and able to understand the barriers and struggles young people face.
- Good communication and listening skills when working with children & young people and their wider support networks.
- Ability to recognise individual needs and ability to work in a person centred and holistic way.

What we can offer you:

- Direct support from the Future YOUth Mentoring Coordinator you are responsible to.
- Access to training around different mental health topics.
- Access to regular Group Supervision.
- The chance to make a positive impact on the lives of children and young people in Hertfordshire.
- Invaluable experience of working in the mental health sector and supporting young people in various settings.

Next steps:

If you are interested, please complete our application form and state your interest in this role <http://www.hertfordshiremind.org/join-us/volunteering/> or contact **0203 727 3600**