

FREE Mental Health Support for Girls and Young Women

Girls and young women in Gloucestershire and South Gloucestershire can benefit from a FREE mentoring service: Gloucestershire Mentoring Programme. It's being offered by a collaboration of seven trusted organisations, and it's for 11 – 25 year olds whose life circumstances suggest they're at risk of becoming involved in crime. This can be because they've had Adverse Childhood Experiences or live in environments that are known to put them more at risk, or because they've become linked to criminal activity, either as victims of crime or through relationships with offenders.

Gloucestershire Mentoring Programme is hosted by The Door and funded by CHK Foundation, and offers these "at risk" young people the chance to form a long-lasting relationship with a trained volunteer mentor. Having a relationship with a trusted independent adult is something that's often missing in their lives and can be life-changing. It helps them build resilience and grow in confidence, and, over time, empowers them to have a more positive future.

If you know a young person who might benefit from the support the Programme offers (or you are that young person), you can visit gloucestershirementoringprogramme.co.uk to apply.

If you have a heart for understanding and supporting young people, a little spare time and would like to become one of the Programme's volunteer mentors, the providers would love to hear from you. You can contact any of them directly via the Programme website, which will help you find the one operating closest to you. No experience is required and full training will be provided.

The seven delivery organisations collaborating to provide this service are: 1625IP; Breathe; Nelson Trust; Thames Valley Partnership; The Door; WAM Youth; and Young Gloucestershire. If you like the sound of their offer and have a few moments to spare, please follow the Programme on social media and help spread the word!

Follow the Programme on Social Media



Supporting Image for Article

[Also supplied as a separate JPEG file – GMP Mentoring Image 1]



'Mentoring' ©The Door

Contacts

Jill Anderson, Gloucestershire Mentoring Programme Coordinator (Mon, Wed, Fri)

jill@thedor.org.uk

Tel 01453 756745

General Enquiries

info@gloucestershirementoringprogramme.co.uk

Tel 01453 756745