



VOLUNTEER MENTOR- EMOTIONAL HEALTH & WELLBEING



Location: Carlisle Youth Zone

Suggested Time Commitment: 1 hour per week for approximately 12-18 months (although there is flexibility in this)

ABOUT THE ROLE

As a Volunteer Mentor (Wellbeing Focus), you will be 21+ and be passionate and committed to providing effective and reliable 1:1 mentoring support to a young person, *with a focus on emotional health and wellbeing*, in Carlisle Youth Zone.

Meeting with the same young person weekly, you will build a relationship based on trust, listening to them without judging and helping them achieve their goals and potential.

WHAT CAN YOU EXPECT TO BE DOING?

- Actively engaging with and spending time with a young person
- Acting as a positive role model for young people
- Undertaking activities with the young person in the youth zone
- Promoting an inclusive culture where young people are listened to, valued and cared for
- Creating a safe space for young people and working to safeguard them

WHAT ARE THE BENEFITS TO YOU AND OUR YOUNG PEOPLE?

You will gain new skills and develop existing ones whilst making a significant contribution to the lives of the young people. You will enhance your CV whilst also being there as a positive role model.

Having an independent adult to talk to is invaluable for young people - it becomes a safe space for them to explore who they are and be their best self.

Be the person you wish you had when you were growing up!

WE'RE LOOKING FOR SOMEONE WHO:

Is a good -

- Listener
- Communicator

Has skills and knowledge in any of the following areas -

- Mental health support
- Mindfulness
- Physical health (particularly positive lifestyle interventions)
- Psychology
- Coaching
- Is committed to making a positive impact on the lives of young people
- Shares the values of **Carlisle Youth Zone**

Please note that for this role you need to be at least 21 years of age and be prepared to undergo an enhanced DBS check.