

What is mentoring?

- This is a booklet about Manchester Mind's mentoring service.
- The mentoring service is part of 'YASP' which is specifically designed for 15 to 25 year olds in Manchester.
- ▲ This booklet has been designed by young people to help others understand how the service works and what to expect.



Mentoring and Befriending



Internet Café



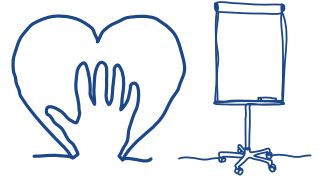
Participation



Counselling

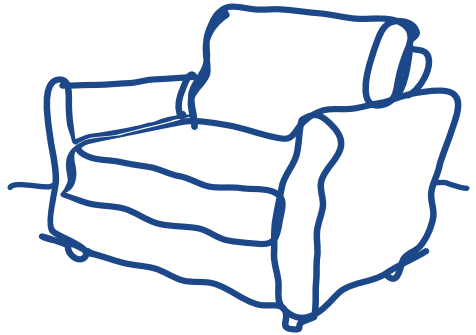
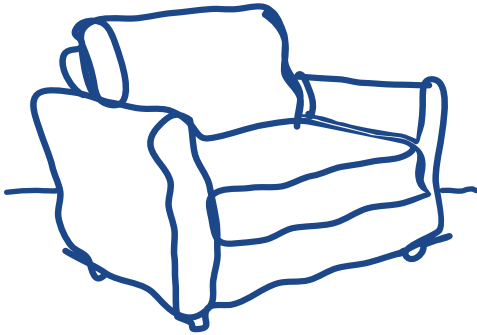


Advice and Casework



Volunteering and Training

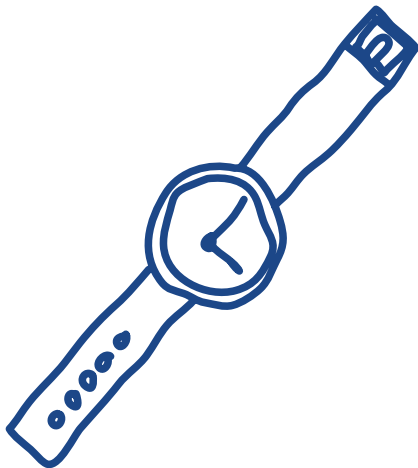
- There are other services at YASP and Manchester Mind that you might find useful or enjoyable.
- The mentor may tell you about these or you can ask if you are interested.



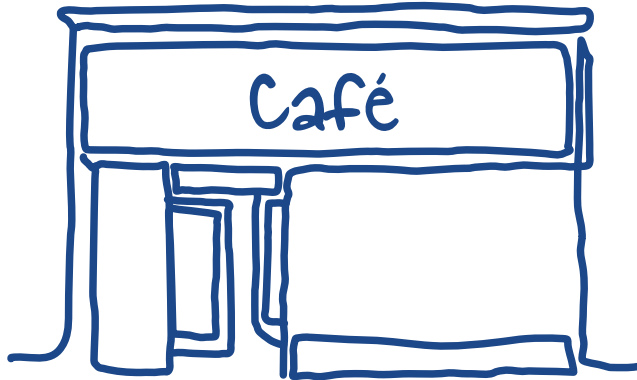
- You will have an assessment.
- This is so we can check the service is right for you and is a chance to say what type of help you would like.



- We will fill in a form.
- You can have a copy of the form to read or you can fill in the form yourself if you would prefer.
- ▲ We will tell you the name of the person you will see.



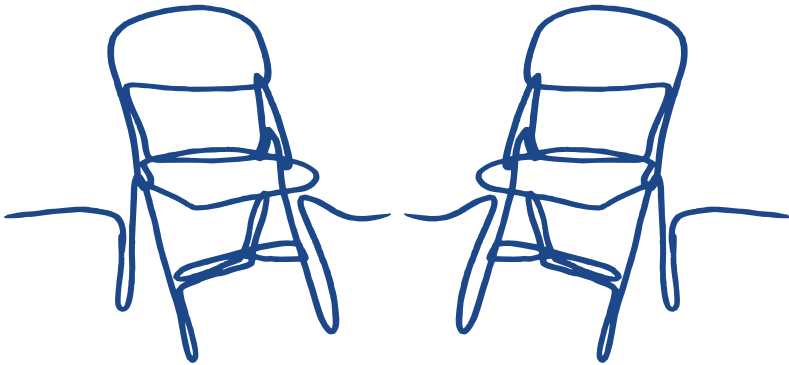
- Most people have 8 mentoring sessions.
- The mentor will let you know when it is time to end.
- ▲ We will help you plan for this before it happens.



- Mentoring appointments take place in public places around Manchester (cafés, community centres etc.).
- We can meet you near where you live if this is helpful and you can chose where to meet.



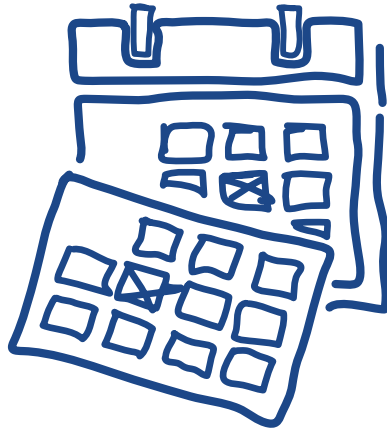
- We can get you a drink when we meet. There is a choice of drinks – tea, coffee, juice or water.
- We can complete the assessment over a number of appointments.
- ▲ Let us know if there are any things that make it harder or easier for you to concentrate.



- The mentor will get to know you and find out the things you are interested in doing.
- You will write an action plan together so that you know what has been agreed. You can take the action plan home with you.



- The mentor may be able to go with you the first time you visit a new place.
- The mentor can help you plan the journey and feel more confident in trying new things.



- Mentoring appointments are usually once a week or once a fortnight.
- Appointments are booked in advance and you can say the times that are best for you.



Sports & physical activity



Volunteering



Work



Art, media, music & creative hobbies



Education

- Having a mentor can help you try new things or get back to the things you used to enjoy.



- The mentor will help you research activities you are interested in.
- This may be opening times, costs, journey etc.



- Our building includes a café.
- Appointments can be when there is no food being prepared and the café is quiet or closed.
- ▲ We can also arrange appointments for when food is available and the café is busy. Let us know which you prefer.



- You will be matched up with a mentor.
- All mentors are aged 15 to 25.
- ▲ Some mentors used the service themselves in the past.



- It is okay if you don't feel up to it one day.
- You can phone to let the mentor know and arrange a different time to come in.
- ▲ If the mentor isn't available then you can leave a message. You can also text or email if you find it easier.



- We can text you reminders about your appointments.
- We can also email you links to apps or websites that you have found useful.



- The mentoring service is confidential.
- We will not normally share information about you without your permission.
- ▲ The only time we would share information without your permission is if we were worried about your safety or the safety of someone else.
- ★ You can ask the mentor for examples if you would find this helpful.



There are many ways to find out more information or contact us:

Telephone: 0161 221 3054, email: yasp@manchestermind.org

Internet: www.manchestermind.org

Drop in or write: YASP, 832 Stockport Road, M19 3AW

Buses to YASP: 192, 197, 168, 171, 191 and 797

Thank you

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