

IGNITE POTENTIAL

BECOME A PRINCE'S TRUST MENTOR



Prince's Trust



**FIRE AND RESCUE SERVICE PERSONNEL ARE
WONDERFUL ROLE MODELS TO YOUNG PEOPLE**

– HRH THE PRINCE OF WALES

**THE PRINCE'S TRUST IS LOOKING FOR FIRE
AND RESCUE SERVICE PERSONNEL TO MENTOR
YOUNG PEOPLE WHO HAVE TAKEN PART IN
PRINCE'S TRUST PROGRAMMES.**

The Prince's Trust

The Prince's Trust is the UK's leading youth charity, offering 13 to 30 year-olds opportunities to develop confidence, learn new skills, get into work and start businesses. The Trust works with young people who have struggled at school, have been in care, are long-term unemployed or have been in trouble with the law.

Progression Mentoring

The Progression Mentoring scheme links volunteers to young people who are on a Trust programme, or on their transition afterwards, who need additional support to make the most of the opportunities offered by The Trust and other agencies. Young people supported by The Trust are often overcoming

difficulties such as a record of offending, a life spent in care, long term unemployment, having no qualifications, poor basic skills or low self-confidence. Working with these young people in the role of a mentor is rewarding as well as challenging.



You'll help a young person to plan and take steps towards achieving a goal, which will often involved employment, training or education. You'll help a young person to find and translate information, understand problems, identify solutions and implement action plans. You'll help them with their choices and direction, offering encouragement, support and a listening ear.

What you'll need

- the ability to relate to and commit to a young person
- a patient, non-judgmental and accepting manner
- the ability to communicate well with young people
- to be a good listener
- to be reliable
- the willingness to undergo and satisfactorily obtain enhanced disclosure from the Disclosure and Barring Service in England and Wales, the PVG Scheme in Scotland or ACCESS NI in Northern Ireland

What you'll do

- make a commitment of six months minimum to the relationship
- give one hour each week, or the equivalent fortnightly or monthly
- attend training before and after meeting with your Mentee
- meet and actively develop a supportive relationship with your assigned young person
- help the young person access appropriate professional support provided by other agencies
- help the young person towards a personal goal

How you'll benefit

- take on a new challenge and meet new people
- hone your professional skills and share the feeling of success
- develop mentoring skills and know that you've made a real difference to someone's life

To find out more about becoming a Progression Mentor, contact George Martin, The Prince's Trust National Fire and Rescue Service Liaison Officer, at fireandrescue@princes-trust.org.uk or visit theprinces-trust.org.uk/volunteer

"During my first few meetings with my Mentee, it became apparent that he'd faced many setbacks in life. He didn't have many qualifications and had only been employed on a short-term basis. He had low self-confidence, was frustrated and lacked motivation.

Despite these difficulties, my mentee had a strong desire to find long-term employment – particularly in retail. Together we overcame setbacks like failed applications by working towards improving his CV, preparing for interviews and keeping a positive attitude.

To begin with, my Mentee felt frustrated and let down by society. Working with a Mentor helped him address these issues and work towards his goals. The process helped give him greater self-worth and a more positive attitude. My Mentee has now found a role in the retail sector and is looking to improve himself further by gaining a promotion in the near future.

Working as a Prince's Trust Mentor enhanced my understanding of youth culture and what challenges young people are faced with. I have a greater appreciation of what

motivates different individuals. This insight is really valuable for my role as a Firefighter and will continue to benefit me in the future as my career progresses."

**Joel Olszewski, Firefighter
Cheshire Fire and Rescue Service**

