

What Does Being A Mentor on the Stepping Stones In Lewisham Programme Involve?

Stepping Stones in Lewisham is a 6 or 8 week happiness and wellbeing programme for people who are dealing with mild to moderate mental health issues such as depression, anxiety and stress.

The aim of the programme is to provide people with ideas, exercises and support to enable them to become happier, move forward with their lives, and improve their mental well-being.

What is the Structure of the Stepping Stones in Lewisham Programme?

The programme can be:

Once a week, for 6 weeks - workshops only or

Once a week, for 8 weeks - workshops, plus the participant is matched with a Mentor who they meet on a weekly basis after the workshop has ended.

Mentors will be involved with the 8 week programme only.

What Does Being a Volunteer Mentor Involve?

Mentors provide 1-1 support and encouragement, for one hour, once a week, after the programme workshop, over the course of the 8 weeks

Mentors will help participants set goals, and support the participant to move forward with their actions.

Mentors will also offer participants the opportunity to review and discuss the topics which are the themes of the weekly workshop, inspiring and encouraging their Mentee to move forward with their lives.

Please check for details about timings for the Mentor Volunteering. Mentors will also be required to attend training and supervision support sessions.

How Long Will I Have to Commit to?

It involves a minimum commitment of two 8 week programmes. There is no maximum length and some volunteers continue to be involved for many years.

Do I Need Experience to be a Mentor?

Some basic knowledge of mental health issues, an interest in learning more about mental health, a positive and enthusiastic attitude, and the ability to inspire people to work towards their goals is all that is required.

Will I Get Any Training to be a Mentor?

Yes, Mentor training will be provided before you start your Volunteer Mentor role.

Supervision, Training and Volunteer Sessions

As well as Mentor training and supervision support sessions, volunteers have access to a 24 hour counselling service helpline. The Voluntary Services Lewisham will also run volunteer activities throughout the year, all are welcome to attend.

Volunteer Responsibilities

As the Mentor you will be expected to:

- Inspire Mentees to work towards their goals and create realistic action plans.
- Encourage Mentees to develop their life skills.
- Act as a role model for positive change, and encourage Mentees to move forward.
- Challenge Mentees to make progress and overcome obstacles.
- Ask open questions which enable Mentees to reflect and find their own answers.
- Allow Mentees to talk whilst you actively listen.
- Summarise, paraphrase and reflect conversations back to your Mentee.
- Respect the views of others.
- Be open minded and non-judgemental in your attitude and approach.
- Establish and develop trusting relationships.
- Build rapport and empathy with your Mentee.
- Understand and respect boundaries.
- Maintain confidentiality.
- Be flexible in your approach to dealing with issues raised by Mentees.
- Be punctual and reliable.
- Stay for supervision/support sessions after Mentoring has finished, as required.
- Take a proactive interest in Stepping Stones in Lewisham.
- Attend training sessions.
- Inform the co-ordinator of any concerns as they arise.
- Agree to abide by the Equal Opportunities Policy of Voluntary Services Lewisham.
- Comply with the VSL's risk assessment guidelines.
- Complete other tasks as appropriate and as agreed with the project lead and/or other volunteers.

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