



**KINGSTON CARERS'
NETWORK**
Improving the lives of carers in Kingston



**Young
Carers'
Project**



Young Carer Mentor - Role Details

Background:

Kingston Carers Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing unpaid support to a friend or family member who has a physical illness, disability, ill mental health or substance misuse problem. Our Young Carers Project supports carers who are between the ages of 5 – 18.

How you can help:

You will provide one-to-one mentoring support to a young carer.

Your role:

- To meet and build a trusting relationship with a young carer (mentee) aged between 11 and 18
- To research, plan and participate in mentoring activities with the young carer
- To set and work towards agreed goals
- To encourage the young person to enhance their personal development and social skills, and to increase their confidence and self esteem

We ask that you would:

- Meet your mentee once a fortnight for 2 hours for a minimum of 6 months (maximum of 12 months)
- Attend a 2 session (evening) mentoring training programme
- Complete Level 1 Safeguarding Training (online)
- Attend regular review meetings with the Mentoring Coordinator and provide feedback after each mentoring session
- Undergo an Enhanced DBS check

Benefits:

- The opportunity to help a young carer to build their confidence and achieve their goals
- Gain experience working with young people
- Free training in mentoring and safeguarding
- DBS check
- Ongoing support from the Mentoring Coordinator

Expenditure:

- You will be given a monthly allowance for activities
- Your travel expenses will be reimbursed

The qualities and attributes we are looking for:

No formal qualifications are needed, but we will look for some key skills and personal qualities.

A great Young Carer Mentor will be:

- Reliable
- Committed
- Patient
- Non-discriminatory
- A good communicator/listener

Training will be provided on:

- The issues affecting young carers
- The boundaries of the mentoring relationship
- Listening and communication skills
- Safeguarding

The dates of the next mentor training workshops are:

TBC

All potential mentors must attend both Monday evening workshops.

Due to the nature of the role, all volunteers must undergo an enhanced DBS check.

Feel inspired?

If you would like to become a Young Carer Mentor, or would like to find out more, contact **Jess** at mentoring@kingstoncarers.org.uk or **020 3375 8226**

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