

## **A Mentor's story...**

***I wanted to put my experience to use in order to support a young person going through difficulty. I believe in the phrase 'be the change you wish to see in the world' and want to make a positive contribution to society.***

I chose to become a mentor after my teenage son had travelled abroad. I had more free time and wanted to make a difference to a young person's life. I feel I have an affinity with teenagers and I think I did a good job bringing up my son.

***My young person was smart and kind but had a quick temper and low self esteem. She was not attending school and had a difficult relationship with her Dad.***

My period of mentoring was during Covid restrictions. When allowed we met for a walk around local beauty spots such as Erddig or Hope Mountain and when restricted we had a video or zoom call. On zoom calls we would have some structure by doing an activity such as drawing or one week we had a make-up tutorial arranged by the Mentor Facilitator.

***I wanted to be a consistent presence in her life, to encourage her to reflect on her behaviour when there had been incidents with her dad or in school and for the time we spent together to be fun and a place she could express herself freely without fear of judgement and boost her self-esteem.***

My young person was moving from being a school non-attender to returning to full time education and she was getting support from CAHMS (Children and Adolescent Mental Health System). She had meetings with people from different agencies and had to repeat her story many times.

***Being a mentor has given me the personal satisfaction of helping a young person through a difficult period of their life.***

An added bonus to the mentoring experience were the group activities which my XLM facilitator organised. These were great fun and gave me the opportunity to have a go at activities such as white water rafting as well as meet other mentors and young people.

***I would encourage anyone with an interest in mentoring to give it a go. Young people are generally fun to spend time with and help give me a fresh outlook on life.***

It is an interesting and fun way to give something back to the community and make a difference in a young person's life.