



Y'S GIRLS MENTORING

Enabling girls to belong
contribute and thrive

Have you ever wanted to support
girls and young women?

Has anyone ever told you that
you are a good listener?

Have you overcome
challenges in your life?

If yes, you could be an incredible volunteer mentor through
our 'Y's Girls' Mentoring Programme at YMCA North Tyneside!

Y's Girls Mentoring aims to offer support and positively influence the lives
of young girls aged 9-14, through regular long term mentoring sessions.

Mentoring is an amazing opportunity to share your skills and experience, learn about yourself and give something back to your local community. Research showed that mentoring **improved the confidence of 96% of girls**, whilst helping them focus more at school and feel more positive about the future. **It is a great way to encourage and support young girls to believe in themselves!**

If you feel you would be a **good role model** and can commit to volunteering 2 hours a week over 12 months, please contact Kirsty on **07368917070** or email: **kirsty.brettell@ymcanorthtyneside.org** to find out more.

Full training and support will be provided and hours are flexible around volunteers current commitments.