



Y'S GIRLS MENTORING

Enabling girls to belong, contribute and thrive

WANT TO EMPOWER AND SUPPORT **GIRLS** **IN YOUR COMMUNITY?**



What is Y's Girls mentoring?

The Y's Girls mentoring programme matches trained volunteer mentors with young girls aged 9–14 years old to support them to be their best.

How does it work?

You will be assigned to a local Project Coordinator who will tell you more about Y's Girls mentoring, as well as discuss your interests and availability. You will then be matched with a young person as your mentee.

As a mentor, you will be offered a full package of ongoing training and support for your personal and professional development, to help you and the young person get the most out of the mentoring process.

Over a 12-month period, you will regularly meet with your young person and work together to identify achievable goals to focus on. These goals should empower the young person, building

their resilience and enabling them to lead fulfilling lives. As a mentor, you can also help the young person to access activities and services, and try new things.

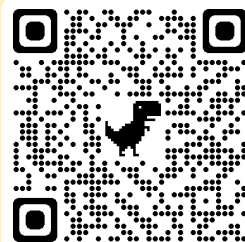
These sessions also offer an informal environment for the young person to discuss anything that might be worrying them, from family and personal relationships, to lifestyle and education.

Find out more about how you can make a real difference to young girls:

ysgirls@ymcanorthtyneside.org

07368917070

ymcanorthtyneside.org/ysgirls



Department for
Digital, Culture,
Media & Sport



Garfield Weston
FOUNDATION



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION



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BECOME A Y'S GIRLS MENTOR AND **SUPPORT YOUNG GIRLS TO BE THEIR BEST**



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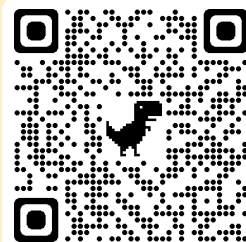
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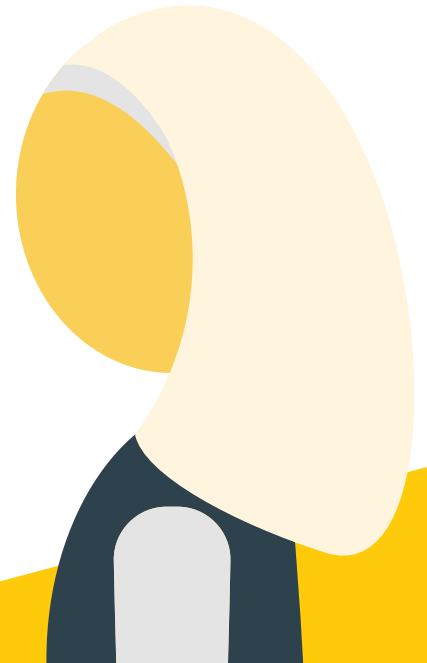
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COULD GIRLS IN YOUR COMMUNITY BENEFIT FROM YOUR KNOWLEDGE AND EXPERIENCE?



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DO YOU KNOW A YOUNG GIRL WHO COULD BENEFIT FROM A **Y'S GIRLS MENTOR**?

What is the Y's Girls mentoring programme?

The Y's Girls mentoring programme matches trained volunteer mentors with young girls aged 9–14 years old, to support them to be their best.

Over a 12-month period, the mentors and young people meet regularly and work together to identify achievable goals that will empower the mentee and build their resilience, enabling them to lead fulfilling lives.

The sessions also offer an informal environment for the young person to discuss anything that might be worrying them, from family and personal relationships, to lifestyle and education.

Y's Girls is an early and effective mentoring initiative that will adapt and replicate the successful Plusone Mentoring programme model, designed by YMCA Scotland, across the UK. Mentors are trained and supervised by their local YMCAs.

How can a young person access the Y's Girls Programme?

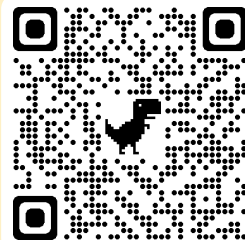
We accept referrals of young people from schools, children's services, community organisations and parents/carers.

If you would like to refer a girl or find out more, please contact us:

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