



“Mentoring has helped me to feel more at ease with some of the pressures I have to deal with at home and school. It’s helped me seeing things in a different light and believe more in what I can achieve.”

“We are very grateful for the mentoring sessions my son received as well as all the other activities for young carers. The young carers program is amazing! Thank you very much!”

MENTORING PROGRAMME

“We have just started a bi weekly session with at Woodcroft School. It is absolutely brilliant. We have 12 children already involved and looks like it could be increasing. It is for one hour in school time. The children are loving the experience and it really does make them feel special”

SCAN HERE TO EXPRESS YOUR INTEREST IN THE PROGRAMME



SUPPORTED BY
MAYOR OF LONDON

Pr*pel



MENTORING PROGRAMME

for young carers



WHO WE ARE..

Barnet Young Carers is the local service that supports young carers and young adult carers in Barnet. We do this by identifying children and young people with caring responsibilities, register them as members and enable them access to our programme of support. Barnet Young Carers strives to support young carers to prevent them from carrying out inappropriate levels of care that will negatively impact on their education, socialisation, wellbeing and fulfilling of their future aspirations.

Registered young carers get access to a full programme of support that includes wellbeing activities, tuition and mentoring support.

WHO ARE YOUNG CARERS?

A young carer is someone aged 25 or under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older young carers are also known as young adult carers, and they may have different support needs to younger carers.

THE NEED FOR MENTORING SUPPORT

We believe every young carer deserves opportunities to thrive, grow healthy and confident. Youth mentoring is the practice of being safely guided by a trusted person with a set of qualities and experience, using tools and techniques to support an individual in the progression and achievement of chosen goals and targets.

Our mentoring programme has grown incredibly popular, and we have worked very hard to secure additional funding to upscale it and support higher numbers of young carers with access to a better-quality support programme.

OUR MENTORING PROGRAMME

WHAT IS IT?

A school-based model of personalised peer mentoring and subsequent engagement in group activity, or specialist group mentoring, to support young carers 8-24 who live in Barnet. It is delivered in partnership between Barnet Carers and Arts Against Knives and funded by the Greater Local Authority.

HOW IT WORKS?

Qualified mentors, some of whom are young adult carers, are recruited, trained and matched to referred mentees, who will meet them at their schools, colleges or universities and deliver eight sessions of individual and bespoke mentoring support. The sessions are structured to address areas such as confidence building, encouraging integration into activities and social groups, addressing challenges in school or addressing matters relating to the caring role or home life. Restricted online mentoring will only be available if in-person sessions are not possible.

WHAT HAPPENS AFTER THAT?

Young carers who would want to progress with further intervention would be able to access more specialist mentoring support through participation in group mentoring and creative projects and opportunities through our partner Arts Against Knives.

CONTACT US TODAY

Contact us to find out more...

email: mentoring@barnetcarers.org

online form: barnetyoungcarers.org.uk/mentoring-expression-of-interest/

WHAT OUTCOMES ARE YOUNG CARERS EXPECTED TO ACHIEVE?

Improved self-confidence and self-worth. Young carers will be better able to recognise the positive sides, knowledge and skills gained from their caring experience and put this into practice to support their wellbeing.

Young carers will feel more empowered about asking for help and taking part in opportunities available to them to improve their social confidence and expand their network of support.

Young carers will grow emotionally stronger to cope with emotions and daily demands.

WHAT TO DO NOW

This will be a very popular programme. If your school or educational setting is interested in having young carers supported through this intervention or want to receive more information about it, please fill out the 'Expression of interest form' by scanning the QR code on this leaflet or using the URL form. One of our members of staff will contact you to discuss the referral process and the programme further.

