



TheO6 is a youth work project based in Ottery St Mary. Its aim is to support and work with young people in the town and surrounding villages. For more information on the work of TheO6 please visit our website at **theo6.org.uk**

Charity No: 1152530

CONTACT DETAILS

XL-Mentoring (Ottery)
TheO6, The Station
Mill Street, Ottery St Mary EX11 1AH
07398 117173
mentoring@theo6.org.uk

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XL MENTORING

OTTERY ST MARY

WHAT IS MENTORING?

Mentoring is a purposeful relationship where a mentor serves as a trusted role model to a young person providing them with a listening ear and support in helping them make wise decisions and work towards achieving their goals. Mentoring provides opportunities for development and growth.

HOW CAN IT HELP?

- Boost self-esteem and confidence
- It is someone who will listen
- Improves emotional wellbeing
- Help improve home life and family relationships.
- Provides support with school and homework.



HOW DOES IT WORK?

XL-Mentoring is a formal mentoring project for young people aged 10-18 years.

Working with, and according to the needs of, the young person an appropriate and fully trained mentor is chosen. All mentors have enhanced DBS certificates and follow TheO6 safeguarding policies.

The mentoring sessions occur on a regular basis in a social setting. Each mentoring session, after the initial sessions lasts between 60 and 90 minutes. The mentoring relationship lasts for about a year.

During this time the young person is encouraged to talk about the issues they are facing at that time and, with the help of the mentor, work towards an agreed goal.

"A mentor is someone who allows you to see the hope inside yourself."
Oprah Winfrey



ENQUIRY FORM

If you are interested in finding out more about mentoring please fill in this form and return it to reception or send it to the address below.

Name

Address

Contact Number

School/Agency

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