

Here's what some of our young people say about having a Mentor;



"I am not as scared. I trust people more. I am more confident."

-Shelby

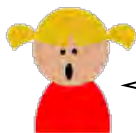
"My behaviour has improved. I have enjoyed it."

-Jordan



"I have given up bad habits. I also now make the right choice."

-Leah



"It's put more confidence in me. It has given me something to do and keep me out of trouble"

-Ben



BLGC Mentoring Programme



What is a Mentor? (For Children & Young People)

Driven
Caring
Empowering
Excellent
Fun



Bolton Lads & Girls Club

18 Spa Road, Bolton, BL1 4AG

Call the Mentoring Team on 01204 540 111

Website: www.blgc.co.uk



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Registered Charity No: 1051292 Limited Company: 3109525

What is a Mentor?

At Bolton lads & Girls Club we provide volunteer Mentors to meet with you every two weeks.



Our Mentors are volunteers and do not get paid. They only work with **one** young person at a time, so are there just for you— to get to know you and **listen** to anything you want to **talk** about.

They spend time with you because they want to.

Why is having a Mentor good?

They can help in lots of ways like:

- Making you **feel better** about yourself— building your self-esteem
- Helping you gain more **confidence**—building your self confidence
- Helping you **deal with your emotions** when things go wrong

What will I be doing?

Every two weeks you will meet your Mentor in **your** local area for an hour or so, and do **activities** such as going to cafes, parks, cinemas, museums so you can **feel more relaxed**. It's a chance for you to talk and have someone to listen to you.



Is what I tell my Mentor confidential?

Please remember our service is **confidential** unless you or another child is **at risk of harm**.