

### What is Young People's Peer Mentoring?

The Young People's Peer Mentoring is a HeadStart Hull project developed and delivered by Cornerhouse. The Young People's Peer Mentoring Project offers one to one support to young people within secondary schools and the community. The Peer Mentoring project has achieved the Approved Provider Standards from the Mentoring and Befriending Foundation.

### What do we do?

The Young People's Peer Mentor Project recruits and selects young people to become peer mentors. Peer mentors then undergo an extensive training package to ensure they have the skills and knowledge necessary to support other young people identified as having an emotional health need. Peer mentors are carefully matched with mentees to ensure they have a friendly face who is on the same "wavelength".

Peer mentors work 1:1 with their mentees and meet on a weekly basis within schools and community settings. The mentors will be a positive role model to a young person that is close to their own age.

The role of a peer mentor is to offer regular low level support to mentees with issues which prevent personal growth and development. The mentor will help with identifying goals and support with action planning and problem solving in order to achieve these goals.

All mentors receive regular one to one and group supervision from the Peer Mentoring Project Workers to support them in their role.

### Who do we work with?

Peer Mentors can support young people aged 10-16 with a range of issues that prevent personal growth and development such as, bullying, transition, friendships, low self-esteem and confidence, isolation, exam stress and/or family issues. The project works across all secondary schools in Hull and community settings.

Referrals from other organisations into the project are made through the HeadStart Hull checklist which should be completed and returned to [peermentoring1@outlook.com](mailto:peermentoring1@outlook.com).

Young people (or their parents) can self-refer by calling the number below.

For any further information, please contact Estelle Parker **01482 326513**.

# HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"

