

Registered Charity no. 1085491

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## Factsheet G14 – Mentoring

### What is Mentoring?

Mentoring is where one person supports another with any issues that might be worrying them. The mentor often uses their own experiences and knowledge to assist the mentee in making decisions and deal with the issues that they are facing. The Mentor never **tells** the Mentee what to do or how to do it but guides them to choose a course of action which feels right for them. The aim is to set goals.



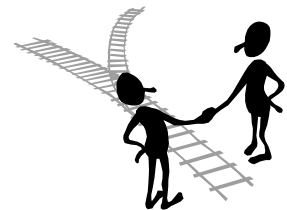
### What sort of issues can a mentor help with?



You can discuss anything that you choose to with your mentor and they will not force you to discuss anything that you do not feel comfortable with. They can help with information and support around your caring role. They could also help with self-esteem issues or lack of confidence for example. They will never make judgements about you or your actions.

### How can a Mentor help?

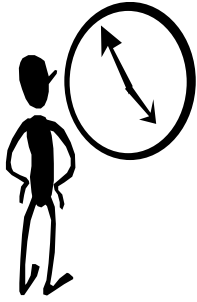
It can sometimes be easier to talk to a 'non-judgemental outsider' rather than a 'professional' or a member of the family. Mentors can support you proactively with whatever issues you wish although they are not there to do everything for you. They could help you cope with certain situations such as when you are feeling stressed. They will listen carefully and help you make decisions on how to cope with or perhaps alleviate the problem. They may also support you in 'professionals' meetings if you want them to and as long as they are given permission to attend. They are there to help you carry on caring if you want to; to help you to have a break from caring and find time for yourself.



[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

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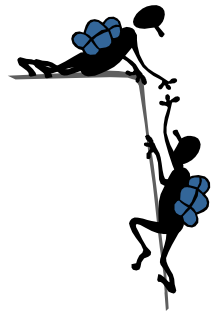


### How often and where will I meet with my Mentor?

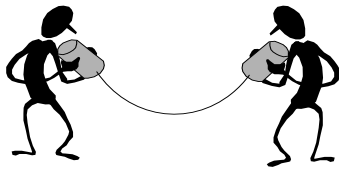
Usually you would meet with your Mentor at a mutually convenient, comfortable place such as a café. Generally it is up to you to decide for how long and how frequently. A typical Mentor meets with their Mentee once a week/fortnight for approximately half an hour or an hour. This can be increased or decreased according to your needs. If for example you are going through a 'bad patch' you may want to see your mentor more often (if they are able to). It is up to you to discuss and decide with your Mentor. You may also use the email or the telephone if this works for both of you.

### What will my Mentor be like?

Mentors come in all shapes and sizes but you will find them all friendly and approachable. They are volunteers who are keen to help others. All mentors have had at least 2 years' experience being a carer of someone themselves. The Mentoring Coordinator will talk to you on the telephone and give you information about your proposed Mentor to help you decide if this would be the right mentor for you. The Mentee profile form that you complete will help the Coordinator to match you too.



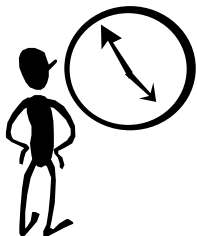
### What if I don't get on with my Mentor?



Should you find that mentoring is not working for you then you do not have to continue. Your Mentor will regularly check with you that you want to carry on but you can also inform the Coordinator at any time should you want to stop. It might be possible to match you with a different Mentor if you think it might help.

### How long will we meet for?

Again this is something for you to decide with your Mentor. A Mentor will generally meet with you on at least six occasions for about an hour in order to give it time to work. It might be possible for you to meet with your Mentor for longer if you want to and if they are able to.

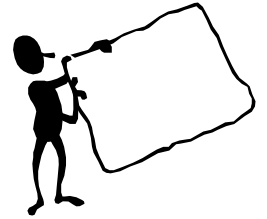


### Will Mentors tell anyone about what is said in the meetings?

Generally anything that you say to your Mentor during your meetings will be in the strictest confidence. They will not discuss your issues with anyone else unless you have given them your permission.

## What do I do if I want to take part?

Firstly you need to consider whether you can commit to the regular mentoring sessions for a number of weeks. It is important that you keep to time and do not miss meetings as this is a waste of the Mentor's (and your) time. Then you will be sent a Mentee profile form to return to the Mentoring Coordinator. This form asks for information that will help the coordinator match you with a mentee. Finally you might be asked by the Mentoring Coordinator for your feedback (which will **not** be passed on to your Mentor) so we can assess whether the mentoring scheme is useful or not.



You will also be asked to return a letter giving the Mentoring Coordinator permission to give your telephone number to the person who has been chosen as your mentor. The mentor will not be able to contact you until you have given your permission for this to happen. They will not be given your home address by Carers in Hertfordshire.

How to contact Carers in Hertfordshire:

Carers can contact us to receive confidential information and support tailored to their individual needs and further information about any of our activities.

The Red House  
119 Fore Street  
Hertford  
SG14 1AX  
Tel: 01992 586 969  
[contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

Carers in Hertfordshire was set up in 1995 as a carer-led charity. The organisation is governed by trustees, some of whom are carers themselves.

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