



# The Adult Mentor Volunteer Programme

Lancashire Youth Challenge is seeking an adult mentor and role model who has the unique insight and lived experience into some of the adverse challenges which our young people face.

As a Volunteer Mentor you will support our young people at weekly activities including fitness and wellbeing workshops, creative learning sessions, educational workshops, and community outreach projects. You will also join us on our annual outdoor challenge programme.

## Who we are looking for?

We are reaching out to anyone who has lived experience of:

- Mental ill health
- Family breakdown
- Young pregnancy
- Bullying
- Family bereavement
- Gang culture
- Alcohol and/or drug dependencies (living with it in the family or own experience)
- Criminality

This is not an exhaustive list but offers an overview of the issues our young people face.

The volunteer mentor should be a strong communicator, who is confident at engaging with young people and feels comfortable talking about the difficult challenges they have overcome; in addition, they should be calm and compassionate.

The type of person required needs to be a positive force for change in a young person's life. To this end, the volunteer should be at a point in their lives where they are able to reflect on past challenges and able to discuss strategies they have used to build resilience and overcome personal difficulties.

## How to get involved

If you feel like being a volunteer as an adult mentor for LYC is something you would be interested in doing please write to Sam at [sam.duckles@lancashireyouthchallenge.co.uk](mailto:sam.duckles@lancashireyouthchallenge.co.uk) explaining in no more than 500 words why you feel you would be suited to the role. If you struggle with literacy and would like to discuss your application face to face, then please call us on 07885974782.

You will then complete an enhanced DBS application (*paid for by LYC*) and we ask that you supply two written references.

Obviously, due to the nature of the life experiences we are seeking in our volunteers, the criminal history of each applicant will be looked at on a case by case basis and we reserve the right to refuse an individual the opportunity to volunteer if there is any history of violent crime and/or crimes against children and young people.

