

WHO?

In partnership with **v** the national youth volunteering charity. The **BeMMaD** project aims to provide young people aged 16-25 with opportunities to share their skills, knowledge and experience to benefit others.

The **vinvolved** project team can encourage and support you to take charge of your own ideas and to identify, plan, organise and deliver your own projects around mentoring and befriending.

vinvolved project
national youth volunteering programme



FIND OUT MORE...

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Join our **BeMMaD in Suffolk**
Facebook group!

SUFFOLK



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Partnership
Education working
hand in hand with business

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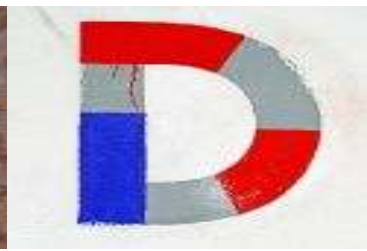


Befriending and
Mentoring Making a Difference

SKILLS
KNOWLEDGE
EXPERIENCE

COULD YOU USE YOURS
TO MAKE A DIFFERENCE?





WHAT?

Mentoring and befriending are all about giving your time, meeting someone one to one, offering support and encouragement, being non-judgemental.

To be a Mentor you need to be positive, reliable, good at listening and keen to make a difference.

There are many people who can benefit from mentoring and befriending including children, young people, older people, unemployed, homeless, those feeling excluded. The list is endless!

There is someone out there who needs your support and we can help you find them!

HOW?

We want you to give your time, to use your skills, knowledge and experience and to be a positive role model.

The BeMMaD project is looking for young people from all backgrounds to become mentors and establish mentoring or befriending projects within their local area or organisation. We also need young people to lead on planning, recruitment and publicity.

We will provide you with training and give you practical advice and guidance.

Supported by



Inspiring a million more young volunteers

WHY?

Being a Mentor and joining the BeMMaD project has lots of benefits for you too...

- ☆ Meet new people
- ☆ Gain experience
- ☆ Get official recognition and qualifications
- ☆ Learn new things
- ☆ Enhance your CV or UCAS Form
- ☆ Do something positive
- ☆ Make a difference
- ☆ Have fun
- ☆ Feel good!

for young people...



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