



Having a trusted person in your life

Stockport
**Social workers
becoming mentors**
March 2022

Young people in Stockport asked if professionals could remain in touch with them after their roles had changes

Why?

Stockport were keen to explore how professionals could maintain a relationships with young people when their role had changed. This was especially important for young people who don't have anyone else in their lives.

What difference is it making?

- 8 young people are being supported by mentors who previously involved with them in a professional basis.
- It offers support to young people around their 18th birthday when other key relationships are ending
- It contributes to 90% of Stockport's care leavers feeling they have somebody they trust and 95% feeling they have somebody who listens to them

What did they do?

- Pure Insight are a charity that supports care leavers across 3 Greater Manchester local authorities, Warrington and Cheshire. They provide a range of commissioned services in Stockport including the mentoring service
- Pure insight developed a service in collaboration with Stockport Council to enable professionals to remain part of a young person's life on a long term basis.
- Professionals who want to become mentors were asked to consider: whether they could commit to: 2-3 hours a week for a minimum of 2 years; the 10 training sessions and the idea of a long term friendship after the 2 year programme.
- Young people need to commit to being mentored and supported by the Pure Insight team – often benefitting from the mentoring coordinator, the psychological support team, education, training and Employment and group activities Pure Insight offer
- The mentoring training looks at
 - How the relationship will become more equal and on the young person's terms.
 - Being open to share more about yourself in the relationship
 - Learning new ways of working led by Pure Insight and the young person

'I.. worry if I don't hear from him for a while, wondering if he is ok, thinking about him EVERY SINGLE DAY.'

'I know I'm not his family or friend but somewhere in between.'

H- Mentor

"Its Mad – In a really good way – its been positive having H become my mentor. When she became my mentor she changed – she chilled out a bit and I started to tell her more stuff as I started to see I could trust her with more information"

Young person

Top tips from the mentors on the scheme:

- Have a gap of 3-6 months between your professional role and being a mentor
- Be prepared to be challenged about decision you made in their lives
- Think about - what is your relationship like with their family - what will be the impact of that on your role as a mentor.

*'I listen and learn from HIS experiences, and requesting permission to share my perceptions' **H***