

Wandsworth Mental Health Service

'Awarded best volunteer organisation in Wandsworth'

Community Mentoring Scheme

Thinking of going to the cinema? Swimming? Taking a course?

It can be hard to get out and do the things you would like to do.

Having a mentor can really make the difference.

The scheme offers:

- One to one support for people with mental health difficulties
- Opportunities to lead an active life
- Support with planning your chosen weekly activity, e.g. buying clothes, using the library, going to the gym, learning French
- Encouragement and support when carrying out your activity with a mentor
- Guidance in continuing your activity independently if you feel ready
- Opportunities to build a supportive relationship with one of our trained volunteer mentors.

How the scheme works:

- The scheme is based at Bedford Hill and Edward Wilson House
- Your activities take place in the community, so you do not have to come into the centres regularly
- After you are referred, you can tell us about your likes / dislikes and we will match you with one of our mentors
- Staff are on hand to support you with your mentoring experience.

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