



## Could you change a young person's life? Volunteers needed for Lambeth mentoring service

The charity Family Action's mentoring service Friendship Works is looking for more volunteer mentors to help change the lives of young people in Lambeth.

We have a high number of young people in Lambeth waiting for a mentor right now, and we need volunteers ready to make a direct difference to the life of a young person in their community. We are looking for dedicated people who can volunteer their time to help and encourage young people to grow a positive sense of self, their social skills and their abilities – the elements we all need to become resilient adults, coping with all that life throws at us.

Many of the children and young people Friendship Works support have had difficult and traumatic experiences in their early childhoods and these experiences often have a profound impact on their self-esteem, confidence and ability to learn social skills. They struggle making and keeping friends and often feel very isolated. Having a mentor gives the young person a trusted adult to talk to about their lives, supports their emotional well-being and helps them build resilience against adversity now and in the future.

One young person who has a mentor through Friendship Works said:

*"The best thing about having a mentor is that it gives me someone outside my family to talk to. I chat to her about different things; stuff I can't talk to my family about. I've become more confident since having a mentor too. I'd tell anyone thinking of getting a mentor go just go for it – you are going to learn so much, and get to do so many new things."*

Volunteers need to be able to give long-term support to a young person through taking them on regular outings. Mentees and their mentors get a chance to explore mutual interests, take part in new activities, and explore London together. As they get to know each other through these regular outings, they build a safe, stable friendship.

Head of Friendship Works, Kate Gledhill said:

*"Friendship with a volunteer mentor can help a socially isolated child access new opportunities, build self-esteem and develop hopes and aspirations for the future. We would love to hear from people, over the age of 21, who are friendly, empathetic and resilient and have the capacity to make a long-term commitment to spending time with a child or young person living in Lambeth for a few hours, three weekends a month."*

Emma, a Volunteer Mentor with Friendship Works said:

*"We've been friends for 2 years. She is 8 years old and she's a ball of energy. She doesn't get to go out much, so when I take her out it's a whirlwind. She's lots of fun and very funny. You have got to be patient – like any friendship, it takes time to build, but persevere – it's the best thing I've done. It's definitely worth it – I can't imagine my life without her now."*

To find out more about becoming a mentor with Friendship Works, please visit [www.friendshipworks.org.uk/volunteer/](http://www.friendshipworks.org.uk/volunteer/)



Friendship  
Works

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**Notes to Editors:-**

**About Family Action**

Family Action is a charity committed to building stronger families and brighter lives by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Our work is wide-ranging and includes help for parents-to-be, the provision of many Children's Centres in local communities, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools and financial grants programmes. Family Action is also recognised as a leading provider of training.

**Registered Charity Number: 264 713**

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