

SYCIL's Peer Mentoring Service

What does a mentor do?

Some of the key tasks a mentor may do include:

- Get to know the individual
- Listen to the service user and discuss anything that is worrying them
- Value their opinions and beliefs
- Encourage them to achieve their objectives
- Talk about relevant experiences/problems they have overcome (if appropriate)
- Encourage service users to talk and think about their ambitions and hopes for the future and plan the steps needed to get there

The Peer Mentors at SYCIL are all Disabled People themselves or have had experience of working with Disabled People. They have attended a Peer Mentoring Training course in 3 modules organised for SYCIL by Voluntary Action Sheffield.

The service is confidential and free. If you think a Peer Mentor may help you to achieve what you want in life and be more independent please contact :

Jane Kidd (Volunteer Coordinator)
01302 892945 or jane.k@sycil.org



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