

We currently support over 200 children and young people aged 8+ every year in Sutton, but with your help we could support more.



## Join our team of passionate volunteer mentors:

- ▲ Full training including personal awareness, communication skills, confidentiality, risk assessment & safeguarding
- ▲ Regular 'MASH-UP' social session for mentoring pairs
- ▲ Regular support and contact from the MAPS co-ordinators
- ▲ Regular group activities including theatre trips, go-karting and other days out

**If you are a professional...** Speak with a member of the MAPS team to advise you of the referral route and process.

**If you are a young person/guardian** One of the MAPS team will come along to meet you to discuss the service.

If you would like to find out more about becoming a MAPS mentor, please get in touch with the MAPS team at Volunteer Centre Sutton.

### Volunteer Centre Sutton:

31 West Street, Sutton, SM1 1SJ

☎ 020 8661 5900 and ask for MAPS

✉ [maps@vcsutton.org.uk](mailto:maps@vcsutton.org.uk)

📘 /MAPSmentoring

🐦 @MAPSmentoring

📷 @mapsmentoringadvocacy

[www.vcsutton.org.uk/maps](http://www.vcsutton.org.uk/maps)

# maps

Mentoring, Advocacy  
& Peer Support

MAPS is an award-winning programme supporting children and young people to achieve their full potential through the support of a one-to-one volunteer adult role model.



The Queen's Award  
for Voluntary Service

The MBE for volunteer groups



## What is mentoring?

Mentoring is a positive relationship where a volunteer mentor (adult) meets with a mentee (young person) once a week for a year.

Our trained volunteers provide our mentees with a safe space to unpack life and have their voice heard, giving them an opportunity for them to talk about issues that may be affecting them, whether with low self-esteem or poor mental health, or with challenging family situations.

Our mentees benefit from support and guidance, learning new skills, trying new activities and having some fun!

*"I'm really proud to volunteer for a project that has done so much to help young people, with exceptionally professional and helpful co-ordinators who are so passionate about what they do."* a MAPS mentor

*"I'm so much more confident. I think this is because I've had someone to talk to on a regular basis. My mentor is a great listener"*. A MAPS mentee

A PROJECT FROM



Volunteer Centre  
Sutton