



# Role Description Volunteer Mentor

## About Foothold Cymru

Foothold Cymru is a social justice charity. A community-based organisation working to reduce poverty and helping people exercise their own strengths and skills to achieve lasting change.

We:

- Provide practical support for those on low incomes e.g. community-led growing schemes, our mobile Food Forward Clubs and community stores, lending schemes for tools, clothes and toys store, uniform bank, laundry facilities and ICT facilities.
- Offer learning opportunities for young people and adults both accredited training and practical skills such as DIY.
- Provide support to help people get back to work.

Our vision is to create strong, cohesive communities where individuals have the power to thrive and not just survive; with dignity and social and economic justice for all. We work with people to help them build the life they want by enabling them to take action.

We live in an unequal society. In Carmarthenshire alone the poverty rates stand at 35% of households. Too many people still fall through the gaps and don't have access to the same opportunities. Poor mental health, inadequate education, addiction, a low income, lack of affordable and secure housing and insecure or no work all contribute to a life of hardship that can be very hard to change.

## Come and join us as a volunteer to be part of the change

We are able to provide a range of opportunities and you will help us make a real difference to people.

Foothold Cymru is a charity registered in England and Wales No: 1188696

The Lord Arthur Rank Centre, Trostre Road, Llanelli, SA14 9RA

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CHANGING LIVES STEP BY STEP

## Mentor Roles and Responsibilities

In simple terms, the role of the mentor is one of support to the participant. The mentor listens and gives guidance and advice when requested. A mentor can act in several different roles within the mentoring relationship, using these roles to get the most benefit for their mentee. Here are the main roles a mentor could take throughout the mentoring relationship:



- Acting as a sounding board for the young person's ideas and fears.
- Being a role model to the young person.
- Offering advice.
- Helping to network.
- Development of self-confidence and esteem.
- Being a champion for the young person.
- Helping to progress / career development.
- Acting as an ambassador.

## Getting in Touch

Just fill in our volunteer form or video your answers and we will be in touch asap!

For help with the form please email us at [helenm@foholdcymru.org.uk](mailto:helenm@foholdcymru.org.uk)



Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi



Landfill Disposals Tax Communities Scheme



Llywodraeth Cymru  
Welsh Government