**What are the aims of the programme?**

**WHUF MENTORING PROGRAMME: FAQs**

The programme aims to provide tailored one-to-one support for young people (YP) across East London focusing on supporting mental health, wellbeing, reduction in negative/violent behavior, understanding their vulnerabilities, future aspirations and goals, and physical health improvement.

**What is the eligibly / criteria for targeted YP?**

The project can support YP who may be experiencing any of the following: vulnerable/affiliated to violence, knife crime and exploitation, bullying, on the autistic spectrum, disengaging from school, anxiety. We can support young people aged between 11-18 years old.

**What is the referral process?**

The GP completes the referral form which includes necessary information to contact the YP and their parent/guardian and referral reasons.

The mentor will then contact the family and introduce the service, including sharing referral information and the structure of the programme.

If the YP and their family consent to the service, together with the mentor, they will arrange the first session.

**Where will the sessions take place?**

Sessions can take place in the GP Practice, school, WHUF locations or in the community at locations agreed with the mentee. The mentor will organise the logistics of the sessions with the necessary partners. Sessions can also take place virtually via Teams/Zoom/Google Classroom, or via phone.

**How long are the sessions? How long is a YP involved in the programme?**

Sessions are normally one hour long, taking place once a week. WHUF advises that a YP is involved in the programme for a maximum of six months. Throughout the mentoring, the mentor and YP will assess the length of the planned engagement and when to begin the process for a positive ending.

**What do the sessions consist of?**

During the first session the YP and mentor will begin to complete the Personalised Support Plan. The sessions are led by the YP, with the mentor aiming to make these sessions as comfortable and accessible as possible. Sometimes sessions will include listening to music, playing card games or discussing the past week. By focusing on relationship building and creating a safe space, the sessions can become more open to more personal development and supporting the referral reasons.

**What happens if the YP’s disengage?**

If the YP begins to disengage, the mentor will inform the GP practice. Together they will decide the best process to try and reengage. If this is not successful, the GP Practice will be informed and YP will be discharged from the service. The service is completely voluntary.

The mentor will also inform the YP and their family that they can return to the service if needed.

**7.1.25**