



Volunteer Role: Mentor - Bright Stars Project

Organisations Name	MotherWell Cheshire CIO
Overview	Motherwell is a charitable organisation run by women, for women. Founded in 2015 by women passionate about supporting mums' mental health, we support women and mums across Cheshire to enjoy positive health and wellbeing.
Role Title	Volunteer Mentor
Location of position	Crewe and Winsford - Cheshire
Purpose/ summary of role	To be a mentor, a experienced body to a service user.
Description of mentoring	Takes a long-range view of your growth and development. Helps you see the destination but does not give you the detailed map to get there. Offers encouragement and cheerleading, but not "how to" advice.
What a mentor can do.	A mentor can make a real difference in a person's life. Come to the relationship with realistic expectations about the role and a willingness to work hard. The impact of a mentor's guidance and wisdom now may not be felt for some years to come, but they will realise its positive impact over time and go on to become a mentor to others.

Skills/ Qualifications	<p>Outgoing, friendly and proactive character. Be comfortable volunteering within a group or by yourself. Good communication skills. Being able to use your own initiative but be able to ask for help when you need</p>
Training and Support	<p>Induction to organisation Mentoring training Forgotten Mums training First Aid Training Safeguarding Training Regular updates on organisational activities Peer Support Groups Support, advice and guidance, from founders</p>
Reimbursement of expenses	<p>Out of pocket expenses will be reimbursed:</p> <ul style="list-style-type: none"> ● mileage costs @ 45p per mile up to a maximum. ● public transport up to a maximum of £25 per return trip
Application Procedure	<p>Application Form Informal Interview Reference</p>
Contact Information	<p>Nadine Lewis HR Assistant hr@motherwellcheshirecio.com</p>