

1MM's

Mentoring Opportunities Pack

(Starting Aug2023 - Nov2023)

Cardiff & Newport - x100 Mentors Needed!

Supporting who?

Young people aged 14-25yrs

The commitment?

One-to-one | One hour a month | Twelve months

How?

Online | In-person | Hybrid

Where?

In-person | Online | Hybrid
Cardiff & Newport

Mentor Requirements

Five years general working experience,
or two years if you are a graduate.
Also eligible if you are retired or on a career break.

1MM will prepare you!

One-to-one. One hour a month. One life changed.

Become a mentor and inspire the next generation.

One Million Mentors (1MM) aims to give every young person in the country access to a trained mentor as they become adults. 1MM is a unique community-based mentoring programme, quickly growing roots around the UK. This ambitious scheme backs the talents of young people to improve their life chances, while at the same time strengthening local communities. 1MM was founded on the belief that through personal, one-to-one mentoring, more young people can grow the knowledge, networks, skills and confidence they need to succeed.

What does 1MM do?

We recruit, train and deploy people who are working, retired or on a career break, as mentors to work with youth partners in the community - such as schools, colleges, universities, youth groups, charities and employment initiatives. You are then matched to a local young person, through our online platform, who you will meet for one hour, once a month, for up to a year.

Mentors come from a range of backgrounds, the criteria being that you are working, retired, or on a career break, with 5 years of work experience, or at least 2 years if a graduate, and can commit to one hour, once a month for up to a year.

"You're going to have your eyes opened to what life is like for young people today. But you might also learn something about yourself. It's an all-round positive two-way experience and that's what I've agreed to continue doing if there are mentees who want it."

**Boris, CEO, Rooftop West
Midlands Housing Group**

How does it work?

1MM is accessible to anyone who has work experience and who is keen to get involved - no mentoring experience required. To ensure that all mentors start on their journey feeling fully prepared, mentors are required to complete the 1MM Mentor Training Programme, and will have access to online resources and support throughout the programme.

As part of the 1MM community, you will be offered the chance to attend additional workshops and network with other mentors in your area. Together, you will be making a lasting difference to young people across the UK

Why take part?

1MM's offer is changing lives, and the journey is exciting. Join us for social change on a national scale.

You can help raise the aspirations of local young people by supporting them with tasks such as writing job applications, making career choices, or by simply having a one-to-one conversation.

We know that our current mentors are motivated by their desire to:

- Help young people be successful in their career
- Be a role model for local young people,
- Give back to their local community, and
- Develop their own personal skills – many of our mentors say the skills learnt with 1MM are invaluable in their personal or work life.

As well as supporting young people to reach their ambitions, our research shows that 69% of 1MM mentors benefit from a sense of fulfilment and growth.

Mentor's Journey Checklist

One-to-one. One hour a month. One life changed.



A. - 1MM Mentor Training Programme

- A1. Registration/ Login via Link:** <https://1mm.org.uk>

Await approval, the 1MM team will typically process this within 7 days

- A2. Profile** (10mins): Complete the profile section.
- A3. Training** (90mins): Complete the online training - 5-10min modules for busy professionals.
- A4. ☆ Post-training survey** (<5mins): A short survey for when the online training is completed, Submission will add you to the Mentor Workshop's priority invitation list. Link [HERE](#).

**This stage is typically reached within 14days of account approval.*

- A5. Mentor Workshop** (2hrs): **One-time attendance only.** An interactive group workshop, delivered online by an experienced facilitator to supplement the training. Sessions are offered each month, to practice core skills and inclusive also of a Q&A.
**Invitations are sent out in the first week of every month.*

Congratulations! You'll receive a Certificate of Achievement and be a fully trained 1MM Mentor.

B. - Matching & Mentoring

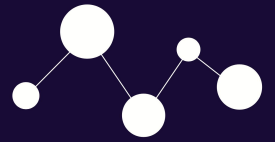
This typically takes 6-8wks, please be patient as it is driven by the young person's needs.

- B1. Matching** (young people will be 14-25yrs): Your profile details will be used to align with the goals & ambitions of young people who have signed up for a mentor.
- B2. Mentor/ Mentee Induction - only if a particular scheme requires it** (45mins) There will be a group induction session if there is a partner involved who requests this.
- B3. Mentoring:** Let the mentoring begin! 1hr sessions, monthly, for up to 12months.
- B4. ☆ End-mentoring evaluation:** At the end of each mentoring cycle which is 9-12months.
- B5. Thanks! Match & Mentor again? Refer-a-friend :)**

#ItStartsWithOne



Choose from our listed opportunities and cut down wait times!



Cardiff & Newport

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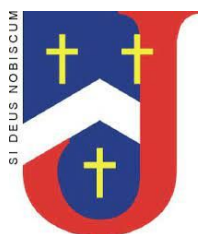
Newport

Live Opportunities: Mentors Needed



High Schools in Newport (Caerleon, Llanwern, LLiswerry, and St. Julian's)

- Young people aged 14-18yrs
- Mentors who can support students in Year 10 - 13 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetables TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS checks:** **October - December 2023**



St. Joseph's RC High School

- Young people aged 14-15yrs
- Mentors who can support students in Year 10 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS CHECKS:** **Thurs 14th September 2023**

Mentoring Base: St. Joseph's RC High School, Newport, NP10 8XH



Ysgol Gyfun Gwent Is Coed

- Young people aged 14-16yrs
- Mentors who can speak Welsh [not essential] required!
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS CHECKS:** **October 2023 (date TBC)**

Mentoring Base: Ysgol Gyfun Gwent Is Coed, Newport, NP20 5QS



Newport High School

- Young people aged 14-15yrs
- Mentors who can support students in Year 10 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - In-person:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS checks:** **October 2023 (date TBC)**

Mentoring Base: Newport High School, Bettws Ln, Newport, NP20 7YB



University of South Wales

- Young people aged 18-25yrs
- Supporting a range of learners from Year 1 to Year 3 students
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual:** **Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START:** **November 2023**

Interested?

1. Register/ Login (CLICK HERE). 2. Update Profile. 3. Email Us!

(For more information, contact enquiries@onemillionmentors.org.uk)

Live Opportunities: Mentors Needed



[Mary Immaculate High School](#)

- Young people aged 14-16yrs
- Mentors who can support students in Years 10 - 11 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS checks:** **October 2023**

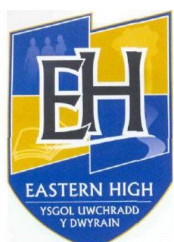
Mentoring Base: Mary Immaculate High School, Cardiff, CF5 5QZ



[Bishop of Llandaff High School](#)

- Young people aged 14- 18yrs
- Mentors who can support students in Years 10 - 13 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS CHECKS:** **October 2023 (date TBC)**

Mentoring Base: Bishop of Llandaff, Cardiff, CF5 2NR



[Eastern High](#)

- Young people aged 14-15yrs
- Mentors who can support students in Year 10 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START & DBS CHECKS:** **October 2023 (date TBC)**

Mentoring Base: Eastern High Community Campus, Cardiff, CF3 1NX



[Cardiff West Community High School](#)

- Young people aged 14-16yrs
- Mentors who can support students in Years 10 - 11 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - In-person:** All meetings in person, at the school
- **PROGRAMME START & DBS checks:** **September 2023 (date TBC)**

Mentoring Base: Cardiff West Community, Cardiff, CF5 5XP



[Willows High School](#)

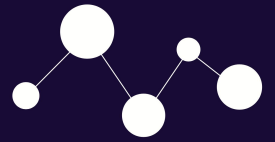
- Young people aged 14 - 15yrs
- Mentors who can support students in Year 10 as they start to choose their options
- **Commitment:** 1hr per month, 10 months. **Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of in-person & virtual sessions
- **PROGRAMME START:** **October 2023 (date TBC)**

Mentoring Base: Willows High School, Cardiff, CF24 2YE

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NATIONAL - Online



One-to-one. One hour a month. One life changed.

National - Online

Mentees aged 18-25yrs

Live Opportunities: Mentors Needed

These opportunities can be supported fully, via online mentoring.

Flexible - Meeting time and location by mutual agreement



Independent Signups from across the UK – First Session: Rolling Start

- Young people 18-25yrs, from anywhere in the UK
- Independently signing up to 1MM's online access route
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual: Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START: Rolling start, ongoing now**

Mentoring Base: N/A



City Gateway [Charity]

- Young people aged 18-25yrs, disadvantaged, on charity course to improve employability
- London mentors preferred, national interest is welcome
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual: Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START: October 2023 (date TBC)**

Mentoring Base: N/A. Location: City Gateway, Tower Hamlets, E14 2BE



Manchester Met University

- Students Aged 18-25yrs
- Students from different faculties who have registered for a mentor to support them in navigating the academic year
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual: Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START: Rolling start, ongoing now**

Mentoring Base: N/A. Mentors based nationally, or locally are welcome



University of
South Wales
Prifysgol
De Cymru

University of South Wales

- Young people aged 18-25yrs
- Supporting a range of learners from Year 1 to Year 3 students
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual: Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START: November 2023**

Mentoring Base: N/A. Mentors based nationally, or locally are welcome

Interested?

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1 simple idea.
1 great opportunity.
1 life changed.
1 million new connections.

For more information, please contact:
enquiries@onemillionmentors.org.uk

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