

# Young Person Information

Registered Charity Number SC005467



befriend a child



turn a frown upside down

## What is Intandem Mentoring?

Intandem mentoring is all about making a new friend, someone you can trust, who's there just for you.

Your mentor is a trained adult volunteer who will spend time with you regularly (usually twice a month), doing fun things together, helping you feel more confident and helping you set goals.

Did you know  
Befriend a Child has  
been helping children  
and young people for

50  
years?



## Who Can Get a Mentor?

If you're between 7 - 15 years old, and things in life feel a bit tricky, maybe you're feeling a little lonely, things are tough at home, or you are lacking in confidence, you might be matched with a mentor.

Mentors are there to listen, support you and most importantly, have fun!

Did you know your  
mentor is there for  
just you? With all  
outings being

1:1

## What Type of Activities Can You Do With Your Mentor?

It's completely up to you! If you have been wanting to try a new activity, or revisit somewhere you haven't been in a while, you can do this with your mentor. Here are just some ideas:

**Head to the beach** Try pottery painting

Go to Codona's **Play video games**

Play at the park **Go swimming** Pet animals at the farm

Get creative with arts and crafts

Play mini golf **Enjoy a tasty meal out**

Watch a film at the cinema

Try a new activity such as horse riding

Go to the trampoline park

