

## What you can expect from us:

- ✓ Shine will provide you with a mentor that will support you both practically and emotionally for a minimum of six months.
- ✓ Within one week of a referral being made, Shine will match you with a mentor.
- ✓ Together we will assess your individual requirements to identify your issues and priorities.
- ✓ Together we will prepare a Mentoring Plan, identifying specific priority tasks.
- ✓ Your mentor will stay in touch with you on a weekly basis to develop strong relationships and ensure progress.
- ✓ Your mentor will conduct regular face-to-face Mentoring Plan review sessions every six weeks, to discuss and update your plan.
- ✓ If you are in prison, you will have a minimum of two face-to-face sessions with your mentor a minimum of six weeks prior to your release.
- ✓ Together we will agree an exit plan from the service.
- ✓ You will be invited to give us feedback about the service you have been given which will be used by Shine Partnership to improve services.

## What we can expect from you:

- ✓ If in prison, you will engage with your mentor before and after release.
- ✓ You will keep in contact with your mentor while participating on the Shine programme and keep us updated if there are any changes to your circumstances.
- ✓ You will have weekly contact with your mentor to progress your Mentoring Plan.
- ✓ You will participate in activities that will help you overcome any challenges you face.



**“Mentoring has helped me turn my life around and I know it can do the very same for other women who need support and help in their life”**

Service User - Women's Mentoring Service, Lanarkshire



## What is mentoring?

Mentoring is a way of helping and supporting you with many of the issues you might be facing both practically and emotionally; helping you build your self-esteem and confidence.

Your mentor can help you develop your independence and quality of life, improve motivation and work towards addressing a life, free of offending.

- ✓ Housing
- ✓ Benefits
- ✓ Family contact
- ✓ Dependency
- ✓ Health issues.

## How is this service accessed?

If you are subject to a Community Payback Order, ask your supervising social worker if they can refer you to the service.

The Shine Women's Mentoring Service is completely voluntary.

 [www.shinementoring.org](http://www.shinementoring.org)

## What happens when you are referred to Shine?



**1** Referral made to Shine

**2** You will be **matched** with a Shine mentor, based on your needs



**3** You and your mentor will discuss your needs and put a **mentoring plan** together to identify short, medium and long-term tasks

**4** Once tasks are identified, you and your mentor will **work together** to make these happen



**5** You will have weekly contact with your mentor, who will **support** you in accessing local services and activities

**6** Every six weeks, you and your mentor will have a face-to-face **review meeting** to assess progress, identify issues and plan next steps

