

What you can expect from us:

- ✓ An opportunity to meet with the Shine Prison-Based Champion.
- ✓ Shine will provide you with a mentor who you will meet up to 12 weeks before you leave prison and take you back to your home area, if you wish, when you are released.
- ✓ Your mentor will support you both practically and emotionally for up to six months.
- ✓ You, your mentor and Through-care Support Officer, if appropriate, will discuss and agree the plan once you are released.
- ✓ Your mentor will stay in touch with you on a regular basis to get to know you better and help you make progress.
- ✓ You and your mentor will regularly review and update your plan.
- ✓ Together with your mentor, you will agree a plan for when you leave the service.
- ✓ You will be invited to give feedback which will be used to improve the service.

What we would want from you:

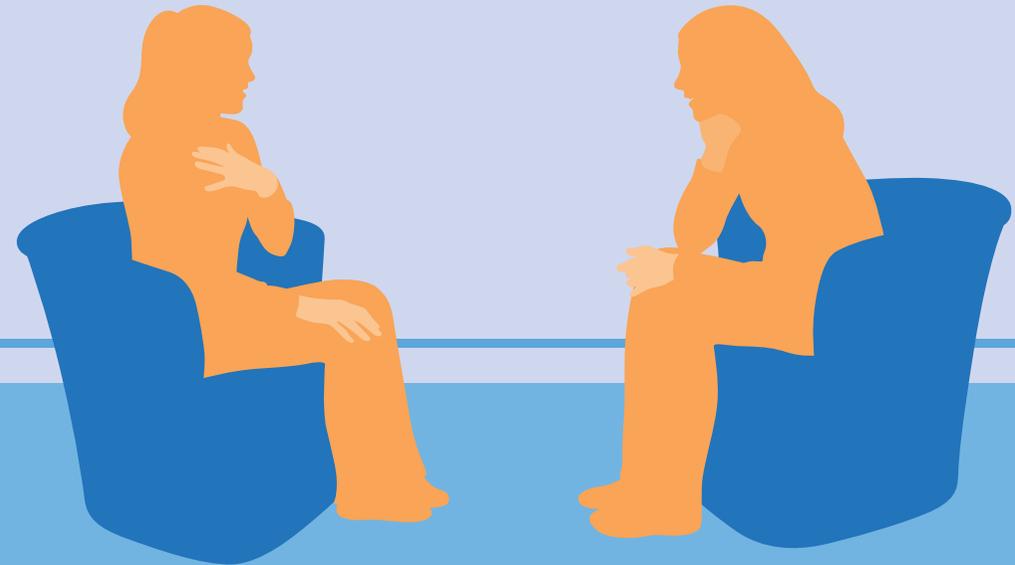
- ✓ To keep in touch with your mentor while working with Shine and telling them if there are any changes in your circumstances.
- ✓ Once goals are agreed, you and your mentor will work together to make these happen.



"My mentor collected me from prison and spent the day with me. She sorted out doctor's appointment and made sure I got there; sorted out my benefits and my prescription; brought me some clothes and food and took me to my temporary accommodation.

"I would never have been able to organise this on my own due to my mental health issues."

Service User - Shine Women's Mentoring Service



What is mentoring?

Mentoring is a way of helping and supporting you in achieving your goals on your release from prison. It is completely voluntary.

The Shine Women's Mentoring service provides you with a mentor who will support you on a one-to-one basis with many of the issues you might face in the community.

Returning to the community after a period in custody can be a difficult time for many women and often it is not easy to access services to help you with issues such as:

- ✓ Housing
- ✓ Benefits
- ✓ Family contact
- ✓ Drug or alcohol issues
- ✓ Health issues
- ✓ Further education/employment.

Your mentor will talk these things through with you in prison and then remain with you on release to support you with those areas of your life you may find difficult.

If you feel mentoring support would help you and want to contact Shine, ask a member of prison staff for information or ask to speak to the Shine Prison-Based Champion.

 **Freephone 0800 587 7263**
 **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.



3 You, your mentor and Through-care Support Officer if appropriate will discuss what it is you want/need to change and put a plan together that you can agree with to identify short, medium and long-term goals.

4

Once goals are agreed, you and your mentor will work together to make these happen.



5 Your mentor will meet you at the prison gate on your release if you wish, taking you back to your home area. You will have regular contact with your mentor, who will support you to work on the plan you agreed before leaving prison.

6

After eight weeks, you and your mentor will review your plan and consider next steps. Then up to 12 weeks later, you will both review your plan again, discuss progress or issues and again consider next steps.

