

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:

- ✓ You will engage with your mentor before and after release from prison.
- ✓ 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 in achieving your goals on your release from prison.

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
- ✓ Dependency
- ✓ Health issues.

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 who will get in touch with us.

 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

