

1MM's

Mentoring Opportunities Pack

(Starting Nov2023 - Jan2024)

!Cardiff & Newport - 100 Mentors Needed!

Supporting who?

Young people aged 14-25yrs

The commitment?

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

How?

Online | Face-to-Face | 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 it 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.

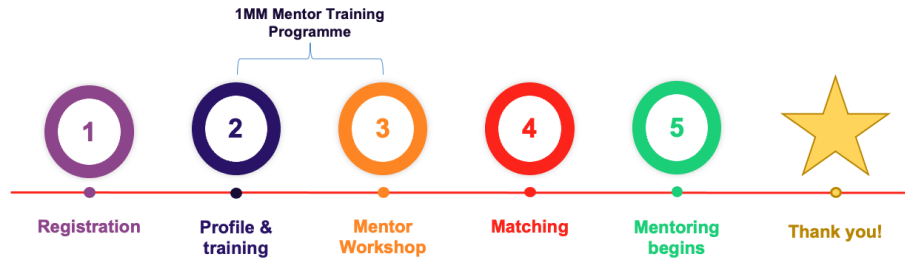
We know that our current mentors are motivated by their desire to:

- 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>

The 1MM team will review your registration for approval.

- ☐ **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): We encourage attending this interactive group workshop Over 1,000 mentors have attended it so far, 99% recommend it! It's 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 monthly.**

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.

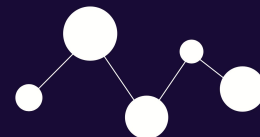
- ☐ **B1. Matching (young people will be 14-25yrs):** Your profile details will be used to align with the goals & ambitions of young people who have signed up for a mentor.
- ☐ **B2. Mentor/ Mentee Induction - only if a particular scheme requires it** (45mins) There will be a group induction session 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



Follow us on socials for tips, updates, stories and more!

Choose from our listed opportunities and cut down wait times!



Cardiff & Newport Opportunities

(Starting Nov2023 - Jan2024)



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

Newport

Live Opportunities: Mentors Needed

FINAL PLACES!



Newport High School

- Young people aged 14-15 yrs. Year 10 students
- Mentors who can support students as they consider their next options
- **Commitment:** 11 months (Nov2023-Oct2024). **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS checks:** **W'day 22nd Nov 2023, (1-3pm)**

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

FINAL PLACES!

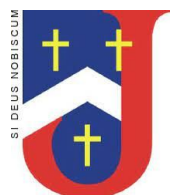


Mary Immaculate High School

- Young people aged 14-16yrs. Years 10 & 11 students
- Mentors who can support students as they consider their next options
- **Commitment:** 9 months (Nov2023-Jul2024). **1hr per month. Timetable set**
- **Meeting Format - Hybrid:** Scheduled mix of face-to-face & online sessions
- **PROGRAMME START & DBS checks:** **Thursday 23rd Nov 2023, (10.20am-12.10pm)**

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

FINAL PLACES!



St. Joseph's RC High School

- Young people aged 14-16 yrs. Years 10 & 11 students
- Mentors who can support students as they consider their next options
- **Commitment:** 12 months. **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **Thursday 23rd Nov, (1.30-3.00pm)**

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

FINAL PLACES!



Cardiff West Community High School

- Young people aged 14-15 yrs. Year 10 students
- Mentors who can support students as they consider their next options
- **Commitment:** 9 months. **1hr per month. Timetable set**
- **Meeting Format - Hybrid:** Scheduled mix of face-to-face & online sessions
- **PROGRAMME START & DBS checks:** **Friday 24th Nov, (11.30am-1.20pm)**

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

Interested?

1. **Register/ Login (CLICK HERE).**
 2. **Update Profile.**
 3. **Email Us!**
- (For more information, contact raman.purewal@1mm.org.uk)

Live Opportunities: Mentors Needed



Bishop of Llandaff High School

- Young people aged 14- 18yrs. Years 10, 11, 12 and 13 students
- Mentors who can support students as they consider their next options
- **Commitment:** 10 months. **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **Friday 24th Nov 2023, (1.20-3.00pm)**

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



Ysgol Gyfun Gwent Is Coed

- Young people aged 14-16yrs
- Mentors who can speak Welsh [not essential] required!
- **Commitment:** 9 months. **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **Friday 15th Dec 2023 (10.20am-12.10pm)**

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



LLiswerry High School

- Young people aged 14-18yrs
- Mentors who can support students in Year 10 - 13 as they start to choose their options
- **Commitment:** 12 months. **1hr per month. Timetable TBC**
- **Meeting Format - Hybrid:** Scheduled mix of face-to-face & online sessions
- **PROGRAMME START & DBS checks:** **December 2023, (date TBC)**

Mentoring Base: S



University of South Wales

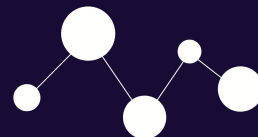
- Young people aged 18-25 yrs
- Supporting a range of learners from Year 1 to Year 3 students
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Online:** **Virtual sessions**, with face-to-face optional if mutually agreed
- **PROGRAMME START:** **December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

Mentoring Base: Mentors based nationally, or locally are welcome

Interested?

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(For more information, contact raman.purewal@1mm.org.uk)



NATIONAL Opportunities 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: November 2023 (date by mutual agreement)**

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

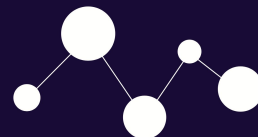
- Young people aged 18-25yrs
- Supporting a range of learners from Year 1 to Year 3 students
- **Commitment:** 12 months. **1hr per month, arranged by mutual agreement**
- **Meeting Format - Virtual: Online sessions**, with in-person optional if mutually agreed
- **PROGRAMME START: November 2023**

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

Interested?

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

(For more information, contact isobel@macdonald.org.uk)



Cardiff & Newport

Opportunities & Timetables

with young people aged 14-18yrs



(Starting Nov2023 - Jan2024)

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

Newport



Searching for volunteers!

St. Joseph's RC High School



- Young people aged 14-16 yrs. Years 10 & 11 students
- Mentors who can support students as they consider their next options
- **Commitment:** 12 months. **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **Thursday 23rd Nov, (1.30-3.00pm)**

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

FINAL FEW STUDENTS WANTING A MENTOR!

Join the programme from session #2

St Joseph's RC High School			
Years 10 & 11			
Mentor Induction & 1st Meeting: Thursday 26th October, 1-3pm			
Mentoring Session	Date (Thursdays)	Time	Format
1	Launch 26th Oct 2023	1-3pm	Face-to-Face
2	23rd Nov 2023	2-3pm (start 30min earlier for new mentors)	
3	7th Dec 2023	12.20-1.20pm	
4	11th Jan 2024	12.20-1.20pm	
5	8th Feb 2024	11.20am-12.20pm	
6	7th Mar 2024	11.20am-12.20pm	
7	11th Apr 2024	10-11am	
8	2nd May 2024	10-11am	
9	Jun TBC	TBC	
10	Jul TBC	TBC	
11	Sep TBC	TBC	
12	Celebration Oct 2024	TBC	

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Cardiff



Searching for volunteers!



Mary Immaculate High School

- Young people aged 14-15 yrs
- Mentors who can support students in Years 10 & 11 as they start to choose their options
- **Commitment:** 9 months. **1hr per month. Timetable set**
- **Meeting Format - Hybrid:** Scheduled mix of face-to-face & online sessions
- **PROGRAMME START & DBS checks:** **For new Mentors Thursday 23rd Nov, (10.20am)**

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

FINAL FEW STUDENTS WANTING A MENTOR!

Join the programme from session #2

Mary Immaculate High School			
Years 10 & 11			
Mentor Induction: For new Mentors Thursday 23rd Nov, (10.20am)			
Mentoring Session	Date (Thursdays)	Time	Format
1	Launched! 19th Oct	10.20am-12.10pm	Face-to-Face
2	23rd Nov	Sessions will be from 11.20am - 12.10pm. Please contact the Mentee Coordinator to schedule a in-person or virtual format prior to the next mentoring session.	
3	21st Dec		
4	18th Jan		
5	22nd Feb		
6	21st March		
7	18th April		
8	2nd May		
9	Celebration 20th, June	11.20am-12.10pm	Face-to-Face

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Cardiff



Searching for volunteers!



Cardiff West Community High School

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- **Commitment:** 9 months. **1hr per month. Timetable set**
- **Meeting Format - Hybrid:** Scheduled mix of face-to-face & online sessions
- **PROGRAMME START & DBS checks:** **Friday 24th November (11.30 am - 1.20pm)**

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

Cardiff West Community High School			
Year 10			
Mentor Induction: 24th November, 11:30am			
Mentoring Session	Date	Time	Format
1	Launch Fri, 24th Nov 2023	11:30 am -1.20pm	Face- to -Face
2	Thur, 14th Dec 2023	1.50-2.50pm	Please contact the Mentoring Coordinator to schedule a face-to-face or online session prior to the next mentoring session.
3	Fri, 19th Jan 2024	12.20-1.20pm	
4	Thur, 29th Feb 2024	1.50-2.50pm	
5	Fri, 22nd Mar 2024	12.20-1.20pm	
6	Thur, 25th Apr 2024	1.50-2.50pm	
7	Fri, 17th May 2024	12.20-1.20pm	Face-to-Face
8	Thur, 27th June 2024	1.50-2.50pm	
9	Celebration Thur, 18th July 2024	11.30 am - 1.20pm	

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Newport



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St. Joseph's RC High School



- Young people aged 14-15 yrs
- Mentors who can speak Welsh [not essential] required!
- **Commitment:** 9 months. **1hr per month. Timetable set**
- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **December 15th 2023 (10.20 - 12.10)**

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

Ysgol Gyfun Gwent Is Coed			
Year 10			
Mentor Induction: 15th December, 10:20am - 12.10pm			
Mentoring Session	Date (Fridays)	Time	Format
1	Launch 15th Dec 2023	10.20 - 12.10pm	Face-to-Face
2	19th Jan 2024	11.10am-12.10pm	
3	16th Feb 2024		
4	22nd Mar 2024		
5	26th Apr 2024		
6	17th May 2024		
7	14th Jun 2024		
8	19th Jul 2024		
9	Celebration Sep 2024 TBC	TBC	

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- **PROGRAMME START & DBS checks:** **W'day 22nd Nov 2023, (1-3pm)**

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

Newport High School			
Year 10			
Mentor Induction: 22nd November, 1:00pm			
Mentoring Session	Date	Time	Format
1	Launch 22nd Nov 2023	1-3pm	Face-to-Face
2	20th Dec 2023	2-3pm	
3	Jan 2024 TBC	TBC	
4	Feb 2024 TBC	TBC	
5	Mar 2024 TBC	TBC	
6	Apr 2024 TBC	TBC	
7	May 2024 TBC	TBC	
8	Jun 2024 TBC	TBC	
9	Jul 2024 TBC	TBC	
10	Sep 2024 TBC	TBC	
11	Celebration Oct 2024 TBC	TBC	

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- **Meeting Format - Face-to-Face:** All sessions, in-person at the school
- **PROGRAMME START & DBS CHECKS:** **Friday 24th Nov 2023, (1.20-3.00pm)**

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

Bishop of Llandaff High School			
Year 10, Year 11, Year 12, year 13			
Mentor Induction: 20th October 1.20pm			
Mentoring Session	Date	Time	Format
1	Launch Fri, 20th Oct 2023	1.20-3.00pm	Face-to-Face sessions
2	Fri, 24th Nov 2023	2-3pm	
3	Thur, 14th Dec 2023		
4	Fri, 19th Jan 2024		
5	Thur, 29th Feb 2024		
6	March (TBC)		
7	Fri, 19th April 2024		
8	Fri, 17th May 2024		
9	Thur, 27th June 2024		
10	Celebration Fri, 5th July 2024	2-3pm	

Interested?

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



For more information, please contact:
raman.purewal@1mm.org.uk

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