



WHAT IS DAY1?

DISCOVERING OUR YOUTH POTENTIAL



Company Number 291616
Scottish Registered Charity Number SC 036896

DISCOVERING OUR YOUTH POTENTIAL

WHAT DOES JOINING DAY1 MEAN?

Being asked to join the project gives you a way to experience something new that will help support you in your choices (education, job). It is totally separate from school. It gives you an opportunity to be paired up with someone (a mentor) who will offer you support, friendship and the chance to think about your future.

You will meet with your personal mentor weekly for twelve months and try out different activities (that you choose), and talk to them about anything you like.



WHAT IS A MENTOR?

Your mentor is someone that DAY1 will specifically match to you to offer you guidance. They are people that DAY1 has chosen because they are good listeners, approachable, totally independent of school or any other authority, and they want to help you find and achieve your dreams. Your mentor can help you think about jobs and college courses or placements. Your mentor will be matched to your personality and your interests. You and your mentor will swap phone numbers or email addresses and chat directly to each other.

WHY DOES HAVING A MENTOR HELP YOUNG PEOPLE?

- They develop more self-confidence
- Improve communication skills
- Build on self esteem
- Take more responsibility for actions
- Build respect
- Become inspired
- Helps them reach full potential



If you want to talk to someone at DAY1 other than your personal mentor call Corrin on 0845 367 0651 or 07908 783 376



For more information log onto www.DAY1.uk.com or
call co-ordinator Corrin Henderson on 0845 367 0651.