

Fri, September 25, 2020

## Day 1 Mentoring



### We do we offer?

Day1 is a Scottish based charity providing young people between the ages of 14 to 17, with a year long one-to-one befriending and mentoring service, the aim of which is not only to help them discover a positive direction in their lives, but also to move into work. We currently work with school pupils in S4 who are need of some mentoring support and guidance. Young people are individually matched to a volunteer adult mentor from the local community.

Established in 2005, Day1 offers 25-30 places per year.

### Who can apply?

Referral **only** by Guidance Teachers at a partnership Secondary School. Day1 covers a 30-mile geographical radius of Inverness, so if your school is within this area, speak to your school for a possible referral. Our rolling program has two intakes per year in January and August.

### What can you achieve?

Our 12 month mentoring program is designed to grow and improve self confidence and to offer a “window” or taster of potential career opportunities. Ultimate aims are to follow the young person through into first employment or to help them make the best of their potential at school or College and beyond. Consistently, 94% of our Day1 graduates are in employment, education or training.

Our program, which centres on a 12 month unique combination of befriending and one-to-one

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mentoring, acts as a catalyst for positive change. Some of the skills and attitudes that the young people will take away with them are:

- Positive thinking
- Appreciation of the value of work
- Self awareness
- The power of goal setting
- A sense of purpose
- A 'can do' attitude
- New interests
- Life skills

## **Can I get a training allowance?**

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. The costs for the activities will be covered by Day1.

## **Who do I contact to find out more?**

Speak to your school guidance teacher in the first instance to find out if we work with your school.

For further general information about Day1:

- Visit our website [www.day1.uk.com](http://www.day1.uk.com)
- Telephone 0845 367 0651
- Email [hayley@day1.uk.com](mailto:hayley@day1.uk.com) or
- See our information brochure and case studies attached below.

## **Further Information and Contact Details**

**Street Address:** ,

**Email:** [corrin@day1.uk.com](mailto:corrin@day1.uk.com)

**Website:** [www.day1.uk.com](http://www.day1.uk.com)