

# Interact Mentoring Scheme Hampton Trust

**Co-ordinator** Elspeth Giddens and Margaret Martin

**Base:** Interact Isle of Wight operates from Bridge House at Ferry Road, East Cowes and provides an island-wide service.

**Phone:** 01983 209684

**Link to SEN Matrix:** Social, Emotional, Behavioural Difficulties, B, C

## **Service aims:**

The Interact mentoring scheme run by the Hampton Trust, provides vulnerable young people of 12 – 17 years of age across the Island with a trained personal mentor. It is widely accepted that prevention is better than cure, particularly when dealing with young people who, with some one-to-one support, can avoid the spiral of offending behaviour.

Interact has three key aims in providing the one-to-one support. They are:

- To help improve young people's self-confidence and self-esteem
- To support them to re-engage with education or training, find constructive leisure activities and/or employment opportunities
- To help young people to keep out of crime or break the cycle of offending

Other issues that young people gain support with are relationship problems with relatives or peers, health, accommodation and lack of vision for their future lives.

## **To access the support:**

The bulk of referrals to the scheme are made through the Youth Offending Team, Social Services, Education Welfare and Schools.

## **Method of support:**

Volunteers are carefully selected and trained in mentoring techniques and appropriately matched with a young person for a minimum of six months, meeting together weekly for a two hour session to work on goals set by the young person. The Mentor is only matched with one young person at a time and receives advice and regular support from the co-ordinator or the project worker. The mentor's travel expenses are paid and a small allowance is made for activities and refreshments for the young person.

## **Could you be a mentor?**

The scheme has a waiting list of young people who would benefit from having this level of support. If you are over 18 years of age and want the opportunity to make a real difference in the life of a young person here on the Island and have 2 hours per week to spare, then please contact the co-ordinator who will gladly send you an information pack.

## **More Info available:**

<http://www.hamptontrust.org.uk/interacted.html>