We currently have spaces available on our mentoring programme for young people aged 16–25, with the potential to start new referrals straight away.

This is unusual for us, as we typically have a waiting list.

At **Life Chance Trust**, we support young people who have experienced trauma or challenging childhoods and may benefit from some additional support as they move towards adulthood.

Our main support is through a 12-week, 1-to-1 mentoring programme in the community, where each young person is carefully matched with a trained volunteer mentor and works towards their own individual goals.

This might include support with:

- Managing anxiety and mental wellbeing
- Education, college or sixth form
- Employment, volunteering, or training
- Building confidence and independence
- Using public transport
- Getting out into the community
- Developing life skills
- Living independently
- Managing day-to-day challenges
- Trying new activities and experiences
- Working towards personal goals
- And more!

Following the 12-week programme, young people are invited to continue engaging with Life Chance Trust through our regular activities and opportunities, which take place at least four times a year and are available to them until they turn 25.

We have recently completed a major volunteer mentor recruitment drive, meaning we now have a much larger pool of trained mentors and capacity to take on new referrals.

We are particularly keen to hear from professionals supporting young people in **Newton Abbot, Teignbridge, Torbay and Plymouth**, although we also support young people in Exeter and surrounding areas.

With young people now returning to school, college and sixth form, we know that this can be a particularly challenging time. Supporting young people with transitions into

education, building confidence and helping them feel more prepared for the next step is something we are very familiar with.

If you know a young person who you feel could benefit from our support, please do get in touch or make a referral. We would also be very happy to have an informal conversation if you are unsure whether our programme would be suitable.

Find out more about Life Chance Trust:
www.lifechancetrust.org.uk

Referral form:
https://forms.volunteero.org/view/f877a9b7-756a-4291-a1e1-abb5f7bfec02