

DREAM BIG

REACH
HIGH.



SO
WHAT
IS...

Aspirations
Mentoring?

Aspirations Mentoring is a project for children in care, those who might be close to entering care, and care leavers.

Here for you...

Our friendly mentors are here to support you, help you explore your dreams, and guide you as you work toward your own goals. You will be matched with either a staff member or volunteer who will meet with you frequently to help you achieve these goals, whether you want to grow your confidence, make friends, or learn new life skills. Mentoring can make a real difference!

how it can help..

Your Goals, Your Way: You decide what you'd like to focus on, and your mentor helps you get there!

Build Confidence and Self-Esteem: Your mentor will be your biggest cheerleader, helping you feel proud of who you are.

Emotional Wellbeing: We can help you to develop a toolkit of things to handle life's stresses and look after your wellbeing.

Learn Independence Skills: From handling responsibilities to trying new things, mentors support your journey to becoming more independent.

Aim high for your future: Talk with your mentor about your hopes and dreams and they'll help you to achieve them.

what to expect...

Fortnightly Meetups: You'll meet with your mentor regularly to talk, learn, and work on your goals.

Outcomes: Your mentor will help you understand what areas you may want to focus on, to help you choose the perfect goals.

Duration: The support from Aspirations Mentoring can last for up to 2 years.

Fun Activities: Together, you'll do activities that build skills or help you discover new interests.

Encouragement and Support: Your mentor will listen to you, celebrate your progress, and encourage you each step of the way.



"Mentoring has helped me because I don't feel scared of people around me, judging me. I feel a lot more confident now."

Eligibility for Aspirations Mentoring

To be eligible for Aspirations Mentoring you must be aged 8-18, or up to 24 for Care Leavers and live in the Bolton area.

Interested?

Remember, Aspirations Mentoring is all about YOU! We're here to help you shine and achieve whatever you dream. For more information, please contact us.

01204 540100
Email. mentoring@blgc.co.uk

