



Peer Mentor Case Study

It is very difficult to sum up in so many words the role of a mentor. The way we work is to tailor support to the needs of individuals. Women that ask for help from the Going Home Project need just that or often feel that they would like to give something back to other women that have been in their situation.

A typical week in the role of a mentor would mean meeting with the women, listening to what they have to tell you and support them through their challenges. Many women have low self-esteem or lack confidence, they may have family problems, face custody battles, may need help getting out of debt, need to find and set up home, or want to find employment.

As a mentor your meetings with the women are important but the work you do behind the scenes is equally as important, it takes a lot of hard graft to source and coordinate help for women with multiple and complex needs. Keeping up to date and accurate records of the work you do is also key to help you keep on track. Sometimes you may feel that there is little you can do as the scale of some problems can't be fixed over night however, you should never underestimate the importance of a friendly face and a listening ear to the women that we meet from day to day.

Being a mentor is not easy but is very rewarding!