

The Zone:

The Bridge Mentoring Plus Scheme



What is The Zone?

“Breaking down barriers of social exclusion that prevent people from building bridges to a more positive future”

Community centre supporting all members of the borough.

Wide range of services! – Friends and Neighbours Club, Gardening, Quiz mornings.



Youth Club

'Time Away Club' – Ages 8-14

Funded by Children in Need!

Games, team building activities, volunteers always on hand to listen.



My Role as a Volunteer

Recruitment process to be a 'Mentor'. – DBS and background check.

Supervising, assisting other members of the team, preparing activities.

Talking with the children and supporting them.

Being someone to talk to!

What I have learned from this experience so far...

Active listening skills are crucial!

Children tend to open up emotionally through play.

The approach to every child/client is different!

Choosing the right approach can be challenging.

How this might help me in the future...

- ✓ Experience of supporting people in need and using important counselling techniques.
- ✓ Future Job prospects – working with children.

To conclude...

- Supporting children who have Additional Learning Needs themselves, or who live with someone who does.
- Using active listening skills and empathy is very important!
- Knowledge and experience gained for the future!

References:

The Bridge Mentoring Plus Scheme (2018). <https://www.thebridgemps.org.uk/>

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Darvill J (2020). Pudsey Bear [Photograph]. Retrieved from: <https://i1.wp.com/tellymix.co.uk/wp-content/uploads/2020/10/children-in-need.jpg?resize=800%2C450&ssl=1>