

Volunteer Young Mentor Role Description

Reports to: **Mentoring Team Leader and Mentoring Coordinators**

Purpose

At Back Up we understand that spinal cord injury can be devastating but we believe it needn't prevent anyone from getting the most out of life. The aim of the role is to support a child or young person who is newly injured by listening and encouraging them.

Our values

Volunteering with Back Up, as with everything we do, takes place in the context of our values:

- We embrace challenge
- We have fun
- We build inclusive communities
- We are ambitious for each other

Key tasks

- To talk to other children and young people who are newly injured over the telephone or video chat
- To keep in regular contact with the Back Up mentoring team to let them know how things are going
- Be a role model and ambassador for Back Up

The Person

- Age: 12 -24 years old with a spinal cord injury
- We are looking for someone who has these qualities **or** someone who wants to develop these skills
 - Be patient with people and think about their needs
 - Be able to actively listen to people and make them feel relaxed
 - Friendly and fun
 - Comfortable sharing and using their own experiences where appropriate and in a helpful way with a newly injured young person
 - Respectful and able to understand issues of confidentiality
 - A responsible team player
 - Understands that everyone's experience of spinal cord injury is unique and accepts people as they are without judgment
 - Aware of their own limitations and not afraid to ask for support

Experience and Knowledge

- Personal experience of living with spinal cord injury
- Previous Back Up experience as a course participant or YAG member is desirable
- Knowledge of Back Up services, vision, mission and values

What are the benefits for you?

- Have a chance to help another young person with a spinal cord injury
- Build your confidence and listening skills
- Learn more about the charity sector and Back Up
- Meet adult mentors who share their different experiences / tips of living with spinal cord injury
- Looks great on your CV or college / University application

Time Commitment

- Attend an initial virtual weekend training course
- Mentor children and young people pending availability and opportunities

Support and opportunities provided

- Training will be given by attending a virtual weekend training workshop to support you as a Young Mentor Volunteer and to develop your skills to fulfil the role. Further development and training opportunities are offered annually
- Agreed expenses paid by Back Up
- Support and guidance from Back Up Mentoring staff team and other Back Up staff as applicable
- The chance to work as part of a dynamic team and to have a real impact on individuals at an early stage, and to link them in with a lifelong network of support.

Other information

Back Up has safer recruitment procedures in place to manage risk when staff and volunteers are working with children, young people and vulnerable adults. This role is subject to an appropriate DBS check, or regional equivalent, when young volunteers reach the age of 16 and reference checks.