

What is peer mentoring?

Mentoring can provide a valuable and impartial source of advice and support. The peer mentoring scheme had been set up to help people who have been affected by substance misuse become economically independent and live an enhanced quality of life. You may in the past have had problems with substances, may still have problems now or have even been affected by a family member's use of substances.

Mentors will work with people to guide them into education, training, volunteering and employment and will help people to stay focused by providing on going help and support.

Peer mentors will:-

- Meet with individuals on a one to one basis
- Work with people to look through options
- Listen and encourage
- Give help, advice and guidance, where appropriate
- Point to other sources of support or referral
- Help build skills
- Give helpful feedback
- Encourage and develop positive life choices

Who can be mentored?

We will work with anyone who would like help and support to gain new skills, develop existing ones or would like to get back into work or training. You do not have to have qualifications or have worked before. All we ask is that :-

- Your use of substances is manageable
- You are willing to look at options with your mentor
- You want to learn more skills
- You are willing to work on an action plan that you and your mentor will work and agree on together

Who are the mentors?

Peer mentors have been specially recruited and selected. They will be understanding and supportive and will be working with you to help you make your own decisions. Mentors will

- Be excellent and active listeners who will not judge you
- Will help you identify your skills and talents
- Will write an action plan with you and help you work through it
- Support you and be there for you
- Work at your pace
- Make decisions with you and not for you

How to apply

We have mentors in Swansea, Neath, Port Talbot and Bridgend.

All you need to do is contact us by phone, email or pop into the nearest centre

WGCADA Swansea
40 St James Crescent
Uplands
Swansea
01792 472510
peerswansea@wgcada.co.uk

WGCADA Neath Port Talbot
15 Victoria Gardens
Neath
SA11 3AY
01639 633630
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WGCADA Bridgend
4 Gaylard Buildings
Court Rd
Bridgend
01656 667717
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