

**NEXT TRAINING
COURSE
MARCH 2010**



**RURAL MENTORING SCHEME IN
WORCESTERSHIRE
NEEDS FEMALE* VOLUNTEERS TO WORK
AS MENTORS WITH WOMEN**

Interested in volunteering?

Are you a good listener?

Have you got a couple of hours to spare a week?

**Could you put your skills/life experience to good
use?**

The Asha Centre in Worcester is a women-only one-stop shop with independent charitable status. Established in 2002, it aims to link disadvantaged women with resources that will enable them to improve their social and economic potential, and reduce the risk of re-offending and social exclusion.

It has been funded by the Ministry of Justice Women's Policy Team to pilot a mentoring project to support women who are isolated by disadvantage and social exclusion in rural areas. Mentors will work alongside women in their own homes and provide emotional and/or practical support according to their needs. Amongst other things, this might involve offering a listening ear, helping with personal goals or accompanying to appointments.

A comprehensive training programme will be delivered to trainee mentors that will provide them with a framework that will help them

understand and support disadvantaged women. Trainee mentors will learn about the Asha Centre, its ethos and guidelines and as part of their role will receive regular support and supervision and will also be offered further training opportunities.

If you think you might be interested and would like to know more or if you have any questions, please call Sarah Eardley from The Asha Centre for an informal chat on 01905 767552 or email sarah@ashawomen.plus.com

* The genuine occupational qualification applies under s 7 (d) of the Sex Discrimination Act 1975 as amended by SDA 1985.