

PHASE

The beginning of June marks Volunteers week, Phase has the most amazing volunteers giving their time to help support the young people in Thornbury and surrounding areas. This post shares a few of our volunteers' thoughts and experiences about volunteering with PHASE. It's also a time where we can shine the light back on them to say THANK YOU. We couldn't do it without you.

What our amazing Volunteers have to say



I've really enjoyed mentoring with Phase and seeing the progress over the weeks with the young person I've been helping in preparation for their upcoming exams. Phase provide a thorough training programme and it's put me in a position to be able to help others

Volunteer Mentor Russell



Volunteering as a mentor for young people provides the chance to positively impact their lives, offering guidance and support that helps them achieve their goals. It also enhances your own skills in leadership, communication, and empathy. Beyond personal growth, mentoring brings a sense of fulfilment as you witness your mentees' progress and strengthens community bonds by fostering a supportive and engaged society. **Volunteer mentor Chris**



Why do I volunteer? Because I have always believed that young people contribute so much to the world in which we live and it is a real joy to walk alongside them in those times when they need it most. **Castle School volunteer worker Mike**



I started mentoring with Phase about 3 years ago now after feeling that I really wanted to offer something to the children in the area. I volunteer 1 hour a week outside of school hours to share my thoughts, ideas, experience and life skills with young people, most importantly I listen and wonder. All the children get something different from Phase mentoring but they all definitely get someone that will listen and give them their full attention, and sometimes that's all it takes. Phase are fantastic at giving training and advice, we also have reflective groups for mentors where we can share ideas. The feedback from the children speaks for itself, when as a mentor you feel like you haven't really done much, you probably really have. **Volunteer Mentor Caroline**



I have recently become a volunteer mentor at PHASE. I would strongly recommend others to do the same especially if you care about young people and want to help them with the issues they face today. **Volunteer mentor Zoe**

If you think you could do this or wish to be involved with what we do please email: Phasethornbury@gmail.com for more details, We'd love to hear from you.

We are actively seeking people interested in becoming Directors of PHASE, This is a voluntary post that would require about 2 to 3 hours per month. If you have a skills in finance, funding, leadership, business and a heart for the young people in our community please email Phasethornbury@gmail.com



supporting young people through mentoring to raise aspirations and empowering them to believe in themselves .