

# STARFISH MENTORING

## What?

STARFISH Plus Mentoring is an AIMCommunity mentoring programme designed to help young people increase their self esteem and self-confidence, building positive peer-relationships and regulating emotions. The sessions are in the form of 1:1 mentoring run by a team of professional mentors and youth workers, volunteers and young volunteers.

## Who?

STARFISH Plus Mentoring is for young people between the ages of 11 - 18 years.

## How?

STARFISH Mentoring uses the ASPACE model of mentoring. ASPACE focuses on the needs and support in the areas of:

creating  
ASPACE

Abilities & Skills

Self Esteem & Confidence

Peer Relationships

Adult & Family Relationships

Communication

Education & Employment

These support needs are achieved through short term and long term creative projects and activities, such as arts and crafts, music, film animation, drama, food and nutrition, team sports and challenges.

## When?

STARFISH Plus Mentoring can take place from Monday - Friday. Times and days are subject to mentor availability. Sessions last between 1-2 hours per session. Prices are £30 per hour.

## Where?

Sessions will mainly take place at three main locations: (other locations are available)

AIMCentral on Kinson Road, BH10 5HD

Muscliffe Youth Centre on Shillingstone Dr, Bournemouth BH9 3LR

Branksome Centre on Recreation Road, Poole, BH12 2EA

These AIMCommunity buildings are designed to accommodate sessions in creative arts

Other locations for 1:1 mentoring are subject to agreement between mentor and mentee.

For more information, please contact via email to [starfishmentoring@aimcommunity.org](mailto:starfishmentoring@aimcommunity.org)