

New Explorations provides...

- Tailored one to one support
- A confidential service
- Opportunities to explore change
- A skilled listener
- Ongoing support

You will be encouraged to:

- Explore your own issues
- Discover your own solutions
- Set and enhance your own personal, realistic goals
- Decide when to move on

New Explorations will enable you to explore opportunities within:

- Health and well being
- Education or training
- Volunteering
- Meaningful employment
- New interests or social networking

New Explorations is for you if:

- You are over 18
- You are affected by disability, a long term health condition or mental health issue
- You want to explore new opportunities.

To check if New Explorations is right for you the Mentoring Coordinator will meet with you.

You will be matched with one of our mentors.

You and your New Explorations mentor will work together in a way that suits you both.

New Explorations mentors are trained volunteers who:

- Are enthusiastic and committed to mentoring
- Have varied life experiences
- Are good listeners
- Have a positive attitude
- Have a good sense of humour
- Receive ongoing support and supervision

Mentor and Mentee will:

- Agree where, when and how often to meet
- Work together in an open and honest way
- Respect each other's privacy and confidentiality
- Set realistic personal goals
- Regularly review your progress
- Acknowledge your successes

GO respects that "one size does not fit all". We value this in everyone we work with.

New Explorations is funded by the Big Lottery Investing in Communities Transitions Programme.

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Ongoing sessions may be liable for a contribution.