

# Media Solutions (Scotland)

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## NEWS RELEASE ON BEHALF OF GRAMPIAN OPPORTUNITIES

### Inverurie leads 'peer mentor' project

People need support networks. You may not use that phrase or even think of your family, friends and colleagues in those terms but that is what they are – your support network.

For those with disabilities and mental health problems the support network is even more important but often more difficult to establish. But with support much more can be achieved.

A strong support network can develop skills, confidence and, through discussion, make life's stresses take on a different, less threatening, shape. With good mentoring it is possible to explore new opportunities which may have seemed impossible in the past for those with a disability.

Now a new mentoring project, led by Grampian Opportunities (GO) in Inverurie, has been granted four year's funding through the Big Lottery Fund Investing in Communities – Transitions programme.

The ambitious GO project is titled New Explorations. It aims to bring a one-to-one peer mentoring service to adults with disabilities in Aberdeenshire, Aberdeen and Moray.

And GO is looking for volunteers who can give support to others by drawing on their experiences of living with a disability, ill health or mental health problems.

Tricia McLean is Mentoring Co-ordinator with GO and she explained, "New Explorations is about bringing life changes through a one-to-one mentoring service.

"The service recognises the importance of shared life experience in understanding what stops people achieving their personal goals," said Tricia.

"New Explorations will, through peer mentoring, assist people to be ambitious, to see the opportunities for personal development and, for many, to achieve a job at the end of the journey."

The key to achieving these aims is to develop self confidence, motivation and independence in the mentees. For the mentor there is the satisfaction of seeing people achieve their goals and move on.

New Explorations is looking for people with disabilities, ill health or mental health problems to participate within the project as volunteer mentors, mentees and/or volunteers to support the service and our organisation.

**Contact: Tricia McLean, mentoring co-ordinator on 01467 629675 or email: - [go.mentor@grampianopportunities.org.uk](mailto:go.mentor@grampianopportunities.org.uk) or visit: [www.grampianopportunities.org.uk](http://www.grampianopportunities.org.uk)**

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#### NOTES TO EDITORS

1. A photograph can be arranged at Grampian Opportunities, 1 High Street, Inverurie. Please 'phone Tricia on 01467 629 675.

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Media Solutions (Scotland) offers media strategy & management, publication planning and editorial training services. Randal Allan (MCM), a journalist and former newspaper editor, has worked on The Press and Journal, Evening Express, The Scotsman, Scotland on Sunday, Reading Post & Middlesbrough Evening Gazette. He is editor of Connect, the magazine of Inverurie business.