



# WHAT IS A MENTOR?

- **Someone with a good knowledge of Autism to meet with regularly for a set period of time, usually in your own home or at one of our Autism Hubs**
- **Someone to help you develop a structured plan to achieve identified goals and help to overcome any barriers to achieving these goals**
- **Mentors are not support workers; they offer support to enable you to develop the tools to achieve your goals in life**
- **Someone to provide information to help you make choices at a pace that suits you**
- **Someone to help you to access necessary services and ultimately empower you to reach your goals**

# WHAT MENTEES SAID

"It's like I was drowning and someone has thrown me a life belt"

"It has given me confidence to do what I wanted"

"I know it won't last forever, but it will help me get what I need in place"

## CONTACT US

If you would like more information or if you want a mentor, please contact:



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