GROVE

ABOUT MENTORING

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GROVE Neurodivergent Mentoring & Education LTD
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Hello!

This booklet tells you a bit about mentoring with GROVE, so you can decide whether it's something you might like to try.

It explains:

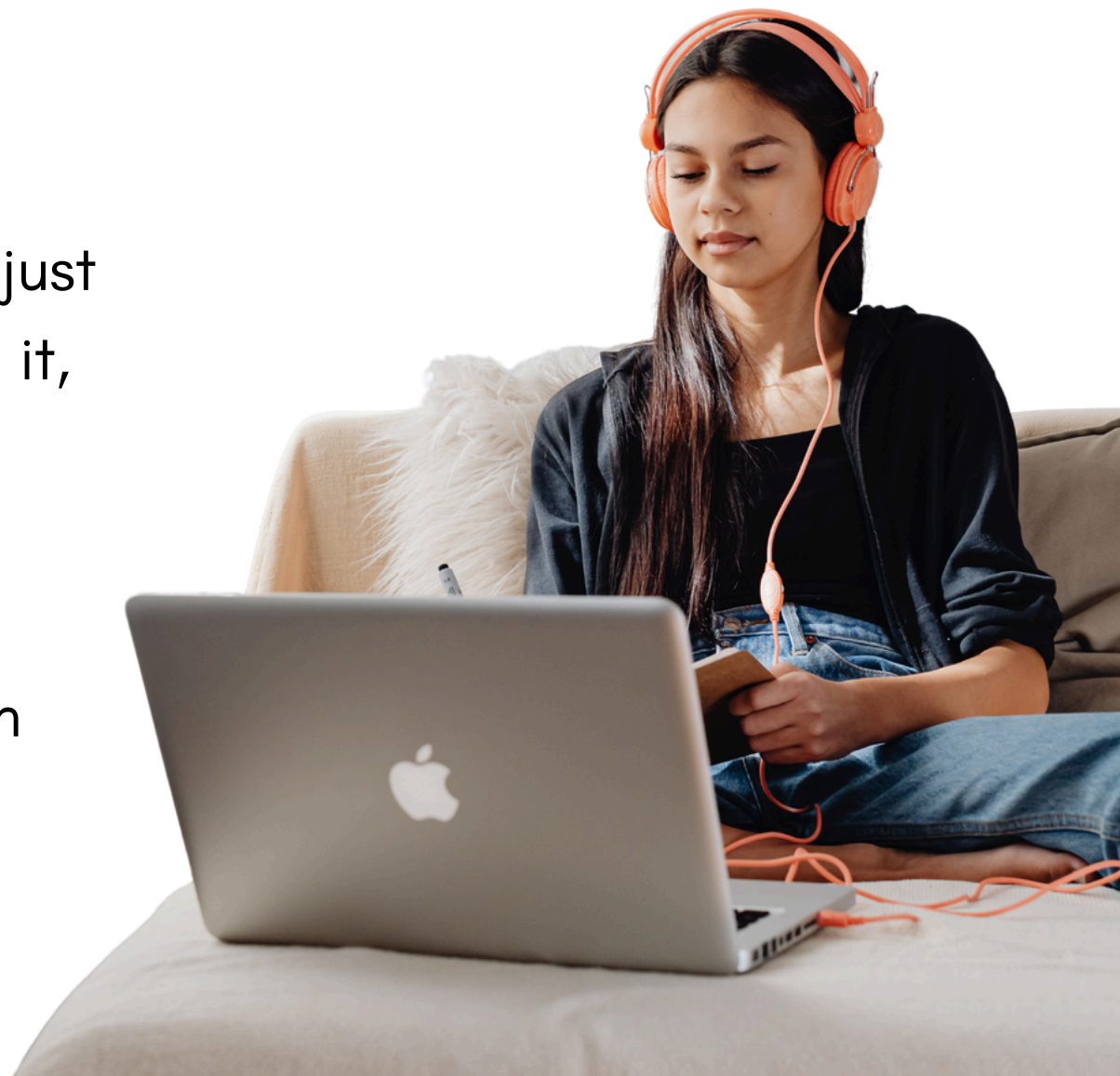
- What is a GROVE Mentor?
- What could you do with a Mentor?
- What can't a Mentor do?
- How do we help keep mentoring safe and comfortable?
- What if you have questions, or you're not sure?

You might want to read this booklet, look at just some of the pages, or ask someone to go through it with you. You don't have to read it all!

You can take your time deciding.

You don't have to have a Mentor just because someone has suggested it, and it's okay if mentoring doesn't feel right for you.

If you have any questions, you can ask a trusted adult to email us. We're happy to help you find out more.



What is a GROVE Mentor?

A GROVE Mentor is someone who will listen to you, get to know you and support you. Sometimes, it can be helpful to have someone who understands you and some of the things you experience.

All GROVE Mentors are Autistic adults. Some are also ADHDers, PDAers or are neurodivergent in other ways.

Your Mentor doesn't have a list of things you need to do, achieve or change. They're not there to make you become someone different or fit into a particular idea of what a person should be like.

Your Mentor's role is to get to know you, respect who you are and spend time with you in whatever way is helpful to you.

We hope that, as you get to know your Mentor, they might become someone you feel comfortable being yourself with – someone you can share what's happening in your life with and get support from.

We also know that trust takes time, and you might not feel comfortable straight away.

Your Mentor will take time to get to know you and build a relationship at your pace.

You don't have to know whether mentoring is right for you yet. This is something you can take time to think about.



Things you can do with your Mentor:



Mentoring doesn't have to mean sitting and talking the whole time (although it can if that's what you prefer!). You and your Mentor might:

- Talk about things that matter to you
- Share and explore your interests
- Play games
- Be creative and make things

These are just some ideas. You can try different things, do something you enjoy, or take a break. You don't have to do anything you're not comfortable with. You also don't need to plan anything, think of things to talk about or know what to do before a session. You and your Mentor can work it out together.

Your Mentor will support the ways you communicate best. This might mean speaking, typing, using chat, drawing, using AAC or communicating in another way that works for you.

If you want to, your Mentor can also help you explore what being Autistic means to you and support you with everyday experiences as an Autistic person. This will always happen at your pace, and only if you want to.

Things your Mentor can’t do:

Provide therapy or counselling
Mentoring is different from mental health therapy or counselling. Your Mentor will be honest with you about what they can and can't help with.

Decide what's best for you
Your Mentor won't tell you what the “right” choice is or decide how you should live your life. They can help you think things through, if you want them to, but you are the expert on yourself.

Keep a secret if they're worried about your safety or wellbeing
If your Mentor is worried that you or someone else might not be safe, they may need to tell someone who can help. They'll try to explain what they need to share, who they need to tell and why, wherever possible.

Keeping things safe and comfortable:

During sessions you can:

- move around
- stim
- drink
- eat
- take breaks
- have your adult with you
- have sensory supports with you
- have pets with you - we love meeting them!
- communicate however you choose
- leave early if you need to

You don't have to sit still, keep talking or stay on camera to make mentoring work for you. In fact your camera doesn’t have to be on at any time!

If you try mentoring and it doesn't feel right for you, that's okay. You can tell your adult or ask them to talk to us. We can explore whether anything needs to change, whether a different Mentor might suit you better, or whether you'd rather stop.

