

## Case Study

### EQUIP Mentoring - Sue and Stephen

Sue came to Volunteering Matters as she had worked for over 10 years with older people, but had always wanted to work with younger people and thought mentoring would be a perfect opportunity. She was excited as she felt that she could learn a lot from them.

Sue was matched with Stephen, who has additional needs and had recently lost his father through the pandemic. Stephen also spent nearly all day every day in his bedroom playing videogames so had very little time outside or socialising.

Their first meeting was, as Sue puts, 'less than perfect'. Stephen said he was so nervous that he couldn't even look at Sue and was unable to communicate. As this was Sue's first experience with working with a young person she said she really worried at first that she might not be able to support Stephen.

She did however go to the next meeting and slowly but surely she made some incredible progress with Stephen. She developed a great relationship with Stephen's Grandmother too and together they supported him into his first ever volunteering placement at EACH Charity shop.

Sue added 'For a long time, Stephen had a very low opinion of himself. He would say he was worthless and spoke about self harm and suicide. It took empathy and patience to be able to work through the issues to the place he is now.'

Sue and Stephen have created this incredible bond and although the mentoring has come to an end, Sue has said she will maintain the relationship and friendship she has with Stephen and his Grandma.

