

KONNECT COMMUNITIES

PEER MENTORING & VOLUNTEERING CASE STUDY



May and Sara's Stories*

2023

BACKGROUND:

May came to Konnect after leaving a relationship with a controlling partner. She was looking for support to help her to move forward. She was suffering from depression, and fibromyalgia and was a recovering alcoholic. She desperately wanted to improve her prospects, her mental health and her motivation towards her ongoing recovery. It was important to her to be a good role model for her children.

Sara was looking to volunteer with Konnect and wanted a balance of activities that used skills from her previous profession. She saw an opportunity to work with Konnect as a volunteer coach which would build on her counselling, management and physical and mental health training.

KONNECT'S SUPPORT:

Konnect put May forward for a Level 2 Qualification in Mentoring. She was over the moon to be encouraged. She hadn't worked or trained for years but was keen to get started with the course and performed brilliantly. Konnect found this positively impacted her confidence and self-belief.

Sara joined the connect team as a volunteer mentor; she acknowledged that sometimes, being a volunteer rather than a part of the salaried team can leave the person feeling on the periphery of a company. The support she received from Konnect in terms of having a clear role and training and in being involved with company teams days helped her to feel a part of the Konnect team.

KONNECT'S IMPACT:

May's face was an absolute picture when we asked her to volunteer for us and to support other clients on the mentoring course. She has been a committed member of the volunteer team and it has been inspiring to see her flourish. May's support on our training sessions has been invaluable to those who have attended.

"Being a volunteer for Konnect has meant that you are doing something for the benefit of somebody else, and not for the benefit of yourself.

Supporting the mentor to support the mentee, who are striving to meet set goals achieve their potential, gives a kind of inner satisfaction".

Since starting as a volunteer mentor, Sara has experienced opportunities including;

1. 1-1 support for clients who are being mentored
2. Supporting Life Skills groups
3. Recruiting clients at Job Centre 'fayres'
4. Supporting the Mentoring Training

She credits the length she has stayed at Konnect with the support and sense of organisational purpose she has there.

*These names have been changed to protect identities.