



Supported by



Mentoring support for survivors of domestic violence

For opening times, to make an appointment or to talk
to an advisor, please call us.

The Jan Foundation
Unit 3, Ardath Road
Kings Norton
Birmingham, B38 9PL
Charity No. 1105456
Company No. 5079743

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**The Jan
Foundation**

What is The Jan Foundation Mentoring Project?

The Jan Foundation Mentoring Project recruits volunteer mentors to support women living with domestic violence (survivors) so that they can make plans for the future and move on in the way they want to.

How does the Mentoring Project help?

The mentors are 'there' for survivors to help them:

- Gain more control of their lives by improving their confidence and self-esteem.
- Look at all their options to make well informed decisions and plans for the future.
- Find and deal with the other services and agencies who can help.
- Go through any legal processes they might be involved in.
- Support them through moving out - **if** that is what they decide to do.
- Feel more certain that they can manage on their own if they need to.

How does the support work?

Each survivor is matched with a mentor for as long as they need and want the

support, which will be driven only by the wants of the survivor and her family.

Who can be given support?

Survivors of domestic violence living in Bartley Green, Weoley Castle, Northfield, Selly Oak, Kings Norton, Longbridge, Bournville and Quinton Wards.

Is the service confidential?

Survivors are able to talk freely and without fear, to the Mentoring Project in the knowledge that their information will not be passed onto any other agency (including the Police) without their written consent. The only exceptions to this are child protection issues or concerns about the safety of others.

Where do mentors come from?

Mentors are women of any age, status, creed or colour, who have a wide range of experiences, skills and backgrounds. Key attributes needed include common sense and being non-judgmental. Life experience is more important than formal qualifications.

How can survivors get help?

Survivors can contact us themselves or they can be referred by **anybody** such as Friends, Police, Health Visitors, Doctors, Social Workers, Solicitors, Schools, Voluntary Organisations etc.

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