SWITCH

MENTORING PROGRAMME

WHAT IS SWITCH?

Switch works with care leavers aged 17-25 years old.

We are a team of mentors from Albion in the Community, the official charity of Brighton & Hove Albion Football Club.

We want to help you to be happier, healthier, more independent and support you to achieve your goals. Switch is for you if you want to make a positive change in your life and make a new start.

Albion in the Community

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HOW DOES SWITCH WORK?

Mentors will meet you one-to-one at a time and place that you choose. We will help you develop your personal skills and give you the support you need to achieve future success.

Switch is voluntary which means that you can choose to join or not. Everyone who takes part is treated fairly. All your conversations will be completely confidential, unless you say something that makes the mentor think that you might be in danger.

WHAT SUPPORT CAN I GET FROM SWITCH?

Switch offers up to 25 hours of support that will help you:

- Identify your strengths and feel good about yourself.
- Create and achieve personal goals.
- Feel confident about overcoming your difficulties and setbacks.
- Understand and manage your emotions and behaviour.
- Sort out housing, education, and work.

HOW CAN I ACCESS SUPPORT?

If you feel that you can't cope and would like help from Switch, then contact us through our exclusive email: **switch@albioninthecommunty.org.uk**

Albion in the Community

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