

## What People Say

A series of tragic events set my life on a different path. I felt a failure. COACH embraced my whole family. My daughter was struggling at school and is now at college. I got good marks and passed the entry exam for college. That was after being at home bringing up 5 children for the previous 14 years. Now my life is so different. My heart is open to new possibilities. I feel focused and strong and a part of the community.'

*Ali's Story*

To be able to talk to somebody about your problems where you wouldn't talk to friends or family... they are there to help you, listen to you, give you advice when it's needed... I don't know where I'd be actually. I really think the COACH program saved me.

*Belinda, parent*

Having Sue as a mentor has helped me a lot, the experience has been great. We speak every week to discuss things, best of all Sue gave me self confidence and helped me to really believe in myself. I now feel able to do things better on my own - I will always be grateful to her and to ROC.

*Marcia*

## Contact

Redeeming our Communities (ROC) is a National Charity with more than 200 community led projects across the UK. Our vision is to see "Safer, kinder communities."

For more information about ROC Tele-Mentors please contact:

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# ROC

THE COMMUNITY ENGAGEMENT CHARITY

[www.roc.uk.com](http://www.roc.uk.com)



Supporting Families  
Building Communities

## What is ROC Tele-Mentors?

Redeeming Our Communities has partnered with 'Coach' to deliver a brand new Community Mentoring initiative, 'ROC Tele- Mentors' that aims to support families through difficult times.

We all run into challenges in our lives, when that happens we can benefit from someone coming alongside, to help us see our way through.

That's what this programme aims to do, offering 10 weeks of support, delivered over the phone, or 'What's App' or 'Zoom' - by one of our trained mentors acting as a friend and guide.



## If you answer YES to any of the following...

Do you ever feel as though you could do with a friend to talk to?

Are you anxious about daily life?

Do you ever feel isolated or lonely?

Could you use some help in problem solving?

Would you like support to manage your life or family life better?

**...then ROC Tele-Mentors could be for you.**

## We aim to help you:

Effect positive change in your life.

Set and accomplish an achievable goal

Support you through challenges that can affect us all, such as feeling isolated or anxious or challenges you may face within your family.'

Encourage you to connect better with others within your community.



## ROC Tele-Mentors is Free and offers fast time support

Having a mentor is free and can offer close support to you for a period of 10 weeks, all we ask is that you actively engage with them.

Your Mentor is a friend with purpose who will offer a listening ear and help towards achieving a simple goal. All of our mentors are volunteers who are fully trained and checked.

### Suitability Criteria

If you are a family with at least one child 12 years of age or under, you may be suitable for the programme.