



## **Media Release 1st April 2015**

### **Half a million pound funding for relationship-based support for young people**

Organisations with experience of mentoring programmes could benefit from a funding boost thanks to a new initiative from the Life Changes Trust.

The Trust is an independent charity set up with a Big Lottery Fund endowment of £50 million to improve the lives of two key groups in Scotland: care experienced young people and people affected by dementia.

The Trust supports young people with experience of the care system aged 14-26 years old, and is today launching a new funding opportunity focussing on peer mentoring schemes.

Research increasingly indicates that, for a care experienced young person, having a consistent relationship with someone who is interested in them, holds them in mind and supports them through difficulties is a crucial step towards building future healthy, interdependent relationships and into adulthood.

Mentoring can be of significant and enduring value for care experienced young people, can make a profound difference to their development and, consequently, contribute to improved life outcomes.

Peer mentoring projects can apply for a maximum funding award of £45,000 per annum (maximum award of £90,000 over two years). The Trust expects to invest around half a million pounds over a two-year period.

**The Trust's Programme & Funding Manager, Carole Patrick, said,** "For many looked after young people, the experience of being in care leaves them feeling that they are not loved, listened to or respected. Relationships they value – with family members, carers and workers – are often disrupted and can be broken completely with little or no warning."

"Against this backdrop, care experienced young people have told us that they would like to be supported by someone "who has been there" and has "shared experience" – someone who can genuinely walk beside them. The Trust believes that mentoring is one route to providing this type of support and we plan to invest in up to six projects through this funding opportunity."

The Trust is working in partnership with the Scottish Mentoring Network and is looking for applications from organisations who can demonstrate a high quality approach to mentoring. While there is a focus on shared experience between the mentor and the mentee, the funding opportunity is flexible in a bid to encourage creative ideas.

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For more information, please see the Trust's website:

[www.lifechangetrust.org.uk](http://www.lifechangetrust.org.uk)

**EDITORS NOTES:**

The Life Changes Trust was established by the Big Lottery Fund in April 2013 with a ten year endowment of £50 million to support transformational improvements in the quality of life, well-being, empowerment and inclusion of people affected by dementia and young people with experience of being in care.