



WHAT IF YOU COULD CHANGE A LIFE?

Mentor Newsletter March 2026

Dear Mentors,

As we move into April, we want to start by saying **Thank You!** Your time, consistency and commitment continue to make a real difference to the young men we work with, and to us!

This newsletter brings together upcoming programme dates, training opportunities and ways to stay connected, as well as a reminder of the support available to you as mentors.

Key4Life's Impact

- In February we delivered our Through the Gate Programme in HMP Thameside, London to 36 men over 7 days. Using our 7 step model the men were able to Unlock unresolved negative emotions.
- Our Meet the Mentor workshop on the 11th February was a huge success and saw our Mentors experience the true impact of how Key4Life changes the lives of these men.

“Thank you for giving me the opportunity to join the mentoring session at HMP Thameside yesterday. I came away feeling really energised and appreciated in a way I didn't expect. The young men were a credit to the programme and their positivity was infectious. I think that the aims are to give the young men hope and a connection to the outside world that will help them to keep on a straight path and help them to achieve their dreams.”

Monthly Drop-In Sessions

Friday 10th April | 12:00–12:45pm | Microsoft Teams Link: <https://tinyurl.com/bdzaunax>

Our drop-in sessions are open to all mentors and provide a relaxed space to:

- Ask questions, Share experiences, Raise concerns, Stay connected with the wider Key4Life team

CONTACT US:

sarah.petherick@key4life.org.uk

Sarah Petherick: 079449 06098

FOR MORE INFORMATION,

VISIT OUR WEBSITE:

<https://key4life.org.uk/mentoring/>

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Upcoming Meet the Mentor Workshops

London EMS Tag Programme:

14th April | 12:30–5:00pm

South West EMS Tag Programme

12th May | 12:30–5:00pm

These are exciting new pilot programmes where we will be working with young men who have been released from the prison into the community on tag (EMS)

We also have prison programmes planned in Manchester (June) and London (July)

Please email Sarah.Petherick@Key4Life.org.uk to reserve your place.

Upcoming Mentor Training Dates

Monday 13th April- Orientation

Online, 6pm-7pm

Tuesday 21st April- Meet the Mentor/Mentee

Online, 6pm-7pm

Monday 27th April- Nick-Oakley Smith

Online, 6pm-8pm

Tuesday 5th May- Nick Oakley-Smith

Online, 6pm-8pm

Monday 11th May- Next steps, risk, FAQ's

Online, 6pm-7pm

Important Information & Reminders

- Please continue to inform Key4Life in advance to all meetings with your mentee (including date, time, & location, as well as a short progress update via email/WhatsApp)
- Mentor Manual: <https://key4lifementors.online/> (currently being updated, back soon- please get in touch with a key4life member of staff if you need support)
- Donate to Key4Life: <https://www.paypal.com/fundraiser/charity/129217>
- The Key4Life Burger Van: Available for community events and private hire - including parties: <https://key4life.org.uk/foodcell/>
- Spread the word: Please consider recommending Key4Life to:
- ● Your employer ● A local school ● A sports club or community group
- We're always grateful to be considered as a Charity of the Year partner.

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Meet the Mentor

Ben



1. What inspired you to become a mentor?

Nick. Anyone who sees Nick lead the mentoring sessions will feel inspired to take the torch he has lit so well and run with it!

2. Can you share a meaningful moment from your mentoring journey?

There's been many. I went for a walk with my mentee. He was pretty late for our meeting and he felt really bad and was explaining what had happened. I stopped him, put my arm around him and said 'it's all good, I'm here'. It was one of the most 'human' moments I've ever had with someone.

3. How would you describe your mentoring style, and how has it evolved?

It's definitely evolved....Once upon a time i saw mentoring as 'advising'....then it moved on to 'offering' ideas....and now it's just being there, seeing, hearing and above all, loving.

4. What has been the most rewarding part of mentoring?

It was never the intention, but I've learned so much about not being able to control or even encourage outcomes. Things will happen when they are meant to happen. Being there and being available and present is a reward as much as it is a gift.

5. What challenges have you encountered?

Yes, I cant deny that I have had expectations of where my mentee can get to in life, and that's been a challenge to let go of!!!

6. What advice would you give to someone new to mentoring?

Unlimited love and belief with no timeframes for outcomes.