



WHAT **IF** YOU COULD CHANGE A LIFE?

Mentor Newsletter April 2026

Dear Mentors,

As we move into May, 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 April

- In April we ran a successful Meet the Mentor workshop in London matching our men on the London EMS (Electric Monitoring Service) programme with their new Mentors. We received some hugely positive feedback from both our mentors and our young men. The mentors spoke of the openness, honesty and vulnerability of the men and their willingness to change. The men spoke of looking forward to what the future holds, opportunity and the connection they experienced with their mentors.

"Being here today is an achievement. I can't wait to see what the future holds." - C, mentee.

"I didn't know how much I needed a Mentor until I was able to get things out." K, mentee.

"I have been royally humbled today. Everyone has been impressive. The men have a clear vision in their lives moving forward that I don't have." H, mentor

Monthly Drop-In Sessions

Friday 8th May | 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

HMP Bristol Through-the-Gate Programme: 12th May | 12:30–5:00pm

HMP Bristol, 19 Cambridge Road, Bishopston, Bristol BS7 8PS

The London EMS tag workshop occurred on the 14th April. This is an exciting new pilot programmes where we are 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 (October) and Leicester (September) Please email Sarah.Petherick@Key4Life.org.uk to reserve your place.

Upcoming Mentor Training Dates

Monday 13 th April- Orientation	Online, 6pm-7pm
Tuesday 21 st April- Meet the Mentor/Mentee	Online, 6pm-7pm
Monday 27 th April- Nick-Oakley Smith	Online, 6pm-8pm
Tuesday 5 th May- Nick Oakley-Smith	Online, 6pm-8pm
Monday 11 th 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 Mentee (name redacted for privacy).



What did you expect from a mentor?

I expected a mentor to be part of a positive support network – someone who could offer guidance, perspective and honest advice as I navigated both my personal and professional life following my release. I was looking for someone I could learn from, who would challenge my thinking in a constructive way and help me stay focused on progressing forward.

One moment or insight that has made a difference to you

Stephane made a real effort to check in regularly and always showed genuine care and support. One moment that stood out was when he organised a rock-climbing day followed by food together. I had never tried rock climbing before, so it pushed me outside of my comfort zone and introduced me to something completely new, which I'm keen to do again.

What really stayed with me was how he related the experience to life – explaining that when you fall or struggle, it's not failure, but an opportunity to reassess, adapt your approach and try again with a better plan.

That mindset has stuck with me and has helped me approach challenges with more resilience and confidence.

What's one thing your mentor has helped you improve?

He has significantly helped improve my confidence in my own abilities and my sense of self-worth, particularly in a professional setting. He took the time to guide me on how to navigate the workplace, how to present myself and how to stand out in a meaningful way.

He also emphasised the importance of treating others well – not for personal gain, but because it's the right thing to do. That perspective has shaped how I approach working with others and the kind of professional I want to be.

How has mentoring supported your confidence or goals?

Having someone consistently invest their time in me has made a big difference. Stephane has been proactive in staying in touch and creating opportunities for meaningful conversations. That level of support has helped me stay focused on my goals and believe more in what I'm capable of achieving.

What helps you stay engaged as a mentee?

Consistency and genuine effort from both sides are key. Having a mentor who regularly reaches out and goes beyond simple text messages – through calls and meeting in person – makes the experience much more engaging and valuable. It shows commitment and encourages me to stay equally invested.

One takeaway you'll carry forward

One key takeaway I'll carry forward is to treat everyone with respect and kindness, regardless of their role – from senior management to cleaners, baristas, and colleagues. Another is the importance of going above and beyond in your role, being willing to put in extra effort and maintaining high standards in everything you do.

One thing you'd encourage other mentors to do

I would encourage mentors to focus on building a genuine, positive relationship with their mentee. Showing up consistently, being reliable and making the effort to connect properly makes a huge difference. It's important to recognise that not everyone has access to this kind of support, so making the most of the opportunity can have a lasting impact.

What you'd tell someone unsure about joining mentoring

I would say give it a chance. Mentoring is a mutually beneficial experience that can be both rewarding and eye-opening. It helps build perspective, gratitude and personal growth. You often gain just as much as you give.

How often did you reach out to your mentor?

We had regular contact, typically at least once a month, through a mix of text messages, phone calls and in-person meetings. This consistency helped maintain a strong and supportive relationship.