










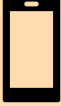




ARTS EMERGENCY

Mentor pairs can use this form at the beginning of mentoring. It is designed to help you get to know each other better and to identify any additional support you may need throughout the next year. We advise that all pairs cover Section 1 and that pairs only discuss Section 2 if the mentee feels comfortable as it covers sensitive subjects.

SECTION 1

Mentee information:	
 Name	
 Preferred Pronouns	
 Mobile phone number	
 Email address	
Preferred method of contact   	

Mentor information:	
 Name	
 Preferred Pronouns	
 Mobile phone number	
 Email address	
Preferred method of contact   	



About you both:



3 things you love to do!



Why did you sign up for Arts Emergency?



Have you done anything similar before?



What would you like to achieve this year?



Is there anything else that you think it's important for me to know at the beginning of the year of mentoring?



Travel


How do you feel about meeting online vs. meeting in person?		
	Yes	No
Do you travel independently?		
Do you need support planning your travel?		
Is there anything you need to support you travelling to sessions?		
If we meet in person it must be in a public space. Where might suit us both? Area and/or place?		
Comments:		


THAT'S ALL FOR THE FIRST SESSION

THE NEXT PART OF THE FORM SHOULD BE FILLED IN IF THE MENTEE WOULD LIKE TO DISCUSS ACCESS NEEDS AT YOUR NEXT SESSION

MENTEES - PLEASE LET YOUR MENTOR KNOW IF YOU WOULD LIKE TO DISCUSS YOUR ACCESS REQUIREMENTS AND EMOTIONAL WELLBEING IN THE NEXT SESSION

SECTION 2: ONLY TO BE USED IF MENTEE IS COMFORTABLE

Mentee Emergency contact 	Name:	
	Relationship:	
	Phone number:	

 Access Requirements:		
	Yes	No
Are you a wheelchair user?		
Do you have any other access requirements?		
Do you need to take extra breaks?		
Do you have a visual impairment?		
Do you have a hearing impairment?		
Do you need support with reading, writing or with instructions?		
Details:		



Emotional Wellbeing:

Mentoring is not designed to tackle mental health issues, but mental health is important for everyone's day to day wellbeing and often comes up during the year together. The form below is optional as it's important to note, your mentee may not feel comfortable talking about their emotional wellbeing. It might be helpful however to ask the questions below if there are circumstances linked to mental health that may act as a barrier to fully participating in the mentoring programme. Mentees do not have to answer these questions.

	Yes	No
Anxiety		
Stress		
Mental Health		
How can I help you to feel supported during mentoring?		
Do you have any triggers that might cause negative reactions during mentoring sessions that I should know about?		