

Transform your life with Mentor Me!

Aged 16-24 and need support to overcome personal barriers to achieve your career goals?

Mentor Me! can help you overcome them.

Our mentors will support you to tackle your individual challenges and get you on the right track towards work, further education, or an Apprenticeship.

Receive dedicated
1-2-1 support from our
mental health first aid
trained mentors

Support with managing
appointments with external
agencies, like GPs, housing
associations, clinics and
addiction support

Workshops in topics such
as money management,
confidence & resilience
building and health &
wellbeing

Work towards
vocational, English
and Maths
qualifications

Find out how we can help you

Apply at IgniteYourSuccess@skillstraininguk.com

See our website www.skillstraininguk.com



Skills Training UK Ignite

Mentor Me! changed Matthew's life

"I never thought I would work,
but now I know I can"

Matthew Pitt, 21, suffered from severe anxiety before he started the Mentor Me! programme. Now he has qualifications in English and maths, he's made new friends, and he has the confidence to find a job!

He said: "I rarely went out and, if I did, it was always with my mum. Now I travel to Skills Training UK every day on my own and I go to the gym with two new friends. Everyone on the Mentor Me! programme is very supportive. I feel very happy here.

"When I first started my work placement, I was very nervous to the point that I became very stressed. I explained how I was feeling to Skills Training UK staff and they were able to understand and talk to me about this. In no time at all, I began to really enjoy my placement, and I now aim to work in retail. I never thought I would be able to go to work and do well and be happy, but now I know that I can."



How to find us...

Skills Training UK Ealing Centre

1st Floor
84 Uxbridge Road
Ealing W13 8RA

Call **0208 840 8993**

Skills Training UK Wembley Centre

328 - 330 High Street
Wembley HA9 6AZ

Call Hamda on **07799 416 251** or for
referrals call Ray on **07879 435 918**

Apply at IgniteYourSuccess@skillstraininguk.com

or by phone on the numbers above

www.skillstraininguk.com



Skills Training UK Ignite



Education & Skills
Funding Agency