

## **Help at hand for disadvantaged children**

Have you ever wondered what would be the best way to help children who are living in difficult circumstances? Most of you reading this lead comfortable lives. But there are hundreds of children across Somerset growing up in families which are struggling to cope, due to unemployment and a wide range of personal problems.

Research shows that providing a mentor for a young person from a disadvantaged background can make a significant difference for them. PROMISEworks is a Somerset charity which recruits, trains, matches and supports local volunteer mentors, each of whom then builds a close, long-term relationship with a disadvantaged youngster.

When asked about their own experiences, the responses of the young people have been heart-warming: "She takes the stone from my heart", and "Mentors are like pillars. If they weren't there the roof would fall in".

We have more than 60 mentors already operating in Somerset and are looking to double this number over the next year or so. Many of the children and young people we support are on the edge of, or have recently left, the care system.

PROMISEworks is keen to find more people to volunteer as mentors, and to raise funds to support our work. If you could help with either of these, please visit our website at [www.promiseworks.org.uk](http://www.promiseworks.org.uk). Thankyou. Michael Fox