


For information about the
LifeLines project contact:

LifeLines
Peer Mentoring Project



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We are also looking for volunteer peer mentors. If you are over 50 with some time to spare, we'd like to hear from you



OVER 50?

UNEMPLOYED?

WANT TO GET BACK TO WORK?

A PEER MENTOR can
help you beat your
barriers
and move forward.

WHAT IS A PEER MENTOR?

A peer mentor is a volunteer who is also over 50 and has some knowledge and experience of the difficulties you may be facing. You will work together to establish clear work or training goals. They will offer support, information and encouragement and help you to develop your skills and improve your chances in the job market.



WHAT DO PEOPLE SAY?

" It made me focus on what the next stage should be for me."

"My main need was to have a sounding board for my situation. My mentor's experience provided this"

WHAT WILL YOU DO?

You & your mentor will decide

You could:

- Look at the skills you already have
- Improve your CV and write better application forms
- Look for jobs on the internet
- Find information about other organisations that could help you

Or just talk about your options together

