

## Getting To Know You...

Mentor pairs can use this form at the beginning of their mentoring year. It is designed to help you get to know each other and identify any additional support you may need.

This should be a conversation between mentor and mentee. Together, use the form as a guide and to note any useful information. Written information should remain private and confidential.

We advise that all pairs cover Section 1. Pairs should only cover Section 2, if the mentee feels comfortable as it covers some sensitive subjects.



### Section 1.

Mentee Information...	
Name:	
Pronouns:	
Email address:	
Mobile phone number:	
Preferred method of contact:	
Borough mentee lives in:	

Mentor Information...	
Name:	
Pronouns:	
Email address:	
Mobile phone number:	

Preferred method of contact:	
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### About You Both...

How did you discover Arts Emergency?	
Have you ever had a mentor before?	
How did you discover your passion?	
What's the best advice you've ever been given?	
What would you like to achieve this year?	
Is there anything you think is important for me to know at the beginning of our mentoring year?	

### Travel...

How do you feel about meeting in person?	
How do you feel about meeting online?	

Do you travel independently?	<b>Yes</b>	<b>No</b>
Do you need support planning your travel?	<b>Yes</b>	<b>No</b>
Is there anything you need to support you travelling to mentoring meetings?	<b>Yes</b>	<b>No</b>
If we meet in person it must be in a public space. Where might suit us both?		
Any other useful information:		

**Remember: Arts Emergency provides a Travel Repayment Fund to cover the cost of any travel on public transport for mentoring activities.**

**That's all for the first mentoring meeting!**

**Section 2. should be covered during your next mentoring meeting if the mentee feels comfortable and would like to discuss any access needs.**

## Section 2.

**Remember: If you have any safeguarding or wellbeing concerns go to [www.arts-emergency.org/safe](http://www.arts-emergency.org/safe)**



Mentee Emergency Contact...	
Name:	
Relationship:	
Mobile phone number:	

Access Requirements...		
Are you a wheelchair user?	<b>Yes</b>	<b>No</b>
Do you have any other access requirements?	<b>Yes</b>	<b>No</b>
Do you need to take extra breaks?	<b>Yes</b>	<b>No</b>
Do you have a visual impairment?	<b>Yes</b>	<b>No</b>
Do you have a hearing impairment?	<b>Yes</b>	<b>No</b>
Do you need support with reading, writing or instructions?	<b>Yes</b>	<b>No</b>
Any other useful information:		

**Remember: Mentoring is not designed to tackle mental health issues, but mental health is important for everyone's day to day wellbeing and can come up during the mentoring year. The form below is optional.**

Emotional Wellbeing...		
Do you experience anxiety?	<b>Yes</b>	<b>No</b>
Do you experience stress?	<b>Yes</b>	<b>No</b>
Do you have any triggers that might cause negative reactions during our mentoring meetings?	<b>Yes</b>	<b>No</b>

How can I help you feel supported during our mentoring meetings?	
Any other useful information:	



**Remember: If you need any support during your mentoring year contact your mentoring officer or email [mentoring@arts-emergency.org](mailto:mentoring@arts-emergency.org)**