



Down's Syndrome Scotland

helping people realise their potential



# Have you ever thought about being a Volunteer Mentor?



**YOU** can help young people and adults with

Down's syndrome have more confidence, self esteem and independence skills by helping them get out and about more, meet up with each other and develop their friendships.

**ALL IT TAKES** is a commitment to one session every fortnight. We will provide training and all the help you need to be a successful Mentor.

We are looking for Mentors from Aberdeen, Aberdeen-shire (North), Edinburgh, Dundee, Fife, Glasgow and Inverness.

Contact Brenda Hepburn on

**0131 313 4225**

**Brenda@dsscotland.org.uk**

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Reliable, a good organiser, friendly, enthusiastic and have a positive attitude towards people with Down's syndrome?