



Sunbeams Mentoring Programme

***For any further
information,***
please contact us on
020 3519 8878 or
admin@sunbeamslondon.org.uk

FOR GIRLS IN YEAR 3 TO YEAR 6

What is Sunbeams?

Sunbeams offers girls a space to relax, have fun and build a positive relationship with a mentor.



What does the referral process look like?

After an initial phone call, we will ask you to complete a referral form. If eligible, we will then invite you and your daughter to visit the center and meet someone from our team, who will hear more about what activities your daughter enjoys and your preferences for a mentor.

How is a mentor agreed on?

Mentors are girls aged 17+ who volunteer. They receive support and supervision in this role.



What will my daughter do at Sunbeams?

The center is a really exciting place! There are three activity rooms with lots of different activities to choose from, as well as a kitchen for baking.

When will sessions take place?

Your daughter will meet her mentor for an hour each week on Sundays or after school hours, for one year. We will try our best to accommodate your preferred timing.



What age is Sunbeams for?

The Sunbeams program is for girls from Year 3 to Year 6 (there are other programs for senior girls).



Is there a cost for my daughter to join?

Sunbeams does not charge for its services. All costs are covered by grants and donations.

Is Sunbeams confidential?

Sunbeams is a confidential service, so the mentor will not tell anyone who she mentors. At the center, your daughter may meet other girls who are also part of Sunbeams.

Do you do group mentoring?

Yes, there are a number of groups running like 'expressive art' and 'music & dance'. Some parents and girls find a group mentoring space more helpful than one-to-one mentoring.

Can my daughter come with a friend?

This is a one-to-one mentoring space and friends can't join along for sessions.

