



THE SAHARA PROJECT

What is the Sahara Project?

The Sahara Project is a one year project running in Exeter, East, Mid and North Devon. funded by the Department of Work and Pensions. Our aim is to improve the health of isolated black and minority ethnic people aged 45 plus. The focus of the project is the community and making contact to bring people together to listen and identify ways forward together

We are looking for Community Mentors in Northern Devon, Tiverton and Exmouth.

What are community mentors?

Community mentors are individuals who would like to join the project and work to ensure that the aims of the Sahara Project are fulfilled. They are paid £15.00 per hour plus travel expenses. Mentors can decide on the hours they wish to work and when.

Who can become a mentor?

Anyone aged 18 years or over can become a mentor. They are usually interested in people.

What is involved in becoming a mentor?

Firstly you need to meet us, and you need to meet the other mentors to find out more. So you need to contact us on the telephone number below, and we will arrange a meeting. We pay travel expenses.

What is the role of the mentor?

Community mentor's roles may be fulfilled in different ways. Below are some of the ways.

- help individuals to meet others and socialise.
- help older person to access services and activities which match their individual needs, helping them to design these where necessary and feasible;
- help older person to find an interest in new things where they do not as yet feel an interest and cannot decide what they would enjoy doing,

IF YOU ARE INTERESTED OR WANT TO FIND OUT MORE PLEASE CONTACT THE SAHARA PROJECT OFFICE ON 01392 314753 WE LOOK FORWARD TO HEARING FROM YOU.