

Mentor and Mentee, Could it be You and Me?
By Bee Harries

I've just finished my training – to be a Mentor,
But perhaps it's not the right time to open this door?
I would like to stay the Mentee, have help in finding
my way,
Rather, this is what I thought yesterday.

I was at a meeting and whilst we “met”,
We talked about helping each other.
The roles could be turned round on their head,
Service user is Mentor – Yes that's what was said.

The social workers, nurses and other professionals
Would be offered help, by way of having a buddy.
Who they could meet with, talk with and visit when
A situation is not clear but feels really quite muddy.

It would be a very useful relationship,
Not one person hanging off the other's hip.
But Give and Take, and Compromise,
A jolly good thing as seen through my eyes.

We love to cite Service User Involvement,
And this could go a very long way,
There needs not be a lot of time spent,
It could be set up in just one little day.

Whilst I was learning to be a mentor,
I felt able to be of some use.
I felt stronger and wiser and, even more,
Felt able to help, and not to confuse.

It's not MENTOR and Mentee, or
MENTEE and Mentor.
Two people helping each other.

What would you like to know?
In what way can I show,
How very useful I can be,
It's your turn to ask any questions of Me.

I can tell you how I feel about this,
Or how I react to That
Could give you another view.

Could you try this way,
Or better try that way,
What's good for now,
May be bad on a different day.

As Service users, were there to be asked.
It fits in with your lifestyle, cos you're multi tasked.
We love to be included in all things mental,
We can be sad, or down, or extremely sentimental.

It makes us feel good,
That we are playing our part.
We knew that it would,
Have to sell ourselves in the super “Mart”

What a lovely way,
To spend a day.
Talking to people that matter.

Some are down, and some are up
And some, like me, are trying to get fatter!!!

It all goes to help both mentee and mentor,
As we look to open a new door.
We both gain a lot, in experience and skill,
It would definitely help., I am sure that it will.

So Mentees, that's you,
And Mentors, that's us
Let's get together. Let there be no fuss -
but.....

Gently gently – slowly and true,
It's time for me to really help YOU.

Give me a ring, and let's meet,
We'll drink coffee or tea, sat on our seat.
At the end we will be singing from the very same
hymn sheet.

We'll give and take and encourage and aid,
Until all the best plans have definitely been made.

I can ask of you, and you of me.
What is your name,
Mine has always been “Bee”.